

Anidra Traineeship

Mentor for professional activities: Dott. Lorenzo della Cella, Dott. ssa Paola Dora

Erasmus Trainee: Aylin Aksu

Host Institute: Università Popolare Anidra

Period: 7 July 2019- 7 January 2020

Number of Hours: 914

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of Psychology and Counseling. 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 Prof. Lorenzo della Cella/ Prof. Paola Dora):

1. Pilot project:

As a psychology intern here, I worked with Dott. Lorenzo della Cella and Dott. ssa Paola Dora. I learnt The Anidra Method, 7 Essene Mirrors, Attachment Theory, Projective Identification, Donald Meltzer's Concepts. Also, a theoretical bridge between psychoanalysis and Anidra Method, some exercises like Tai Ji, Yoga, Japanese Sword. I learned how can we use these exercises in therapy to help patients more. Because our body and mind work together.

We did meetings every week with my tutors. They gave us articles to read, homework than we had a discussion about psychology. Besides these lectures with my tutors, I worked by myself in the office on most days of the week, doing psychological researches and homework. I had the opportunity to observe a lot of people here. I recognized different characters and had the opportunity to observe and analyze how people react differently in the same situation also how people act in a different way. I gained a wide perspective and I improved my point of view. I can use the information I have learned here in my professional life, when observing, analyzing, and counseling patients. In the last week of my internship, I made a presentation about the researches and observations about the 7 Mirrors technique at Anidra University.

With these activities I did; it helped me improve myself in the areas of stress and anxiety management, time management, responsibility, professional skills in the field of psychology, empathy, teamwork, working under stress, adaptation, communication skills; such as listening, presentation, observing, research skills. Also, thanks to the draft master project I developed, I think I have improved myself in terms of developing creative thinking skills and perspective.

Transversal Activities (Referee Giulia Siffu):

2. Outdoor activities:

I did so many outdoor activities besides my psychology lectures. I worked in the garden with Toby, Giorgio and with the other interns. We collected peppers, eggplants, tomatoes, beans, salads. These are all organic and because of it, we had a chance to eat fresh foods every day. In the garden, we cleaned the plants such as removing grass, airing the soil. Also, we cleaned the grass from roses.

I did animal-related tasks. For example, I fed dogs, horse, donkey and the pig. I've been walking with dogs all the time. These walks were my favorite because it was a therapeutic activity for me, I loved spending time with the animals. We worked with a group named 'Moonfool' and we brook the branches for winter. I had the opportunity to improve my English by talking to them. Besides that I did so many things such as: washing dishes, cleaning bathrooms, cutting tomatoes and apples, picking fruits and vegetables in the garden, doing food service for staff and the customers, preparing breakfast, cooking for staff, rosehip and chestnut extraction for jam, sticking labels to jars. All these activities helped me develop my soft skills and gain new skills also helped me personally and professionally to develop and grow.

1. Acquisition of key competences of European citizenship:

During my internship in Italy, I met people from different countries and thanks to them I had the opportunity to explore many languages. My entrepreneurship has increased because we are in constant conversation and communication with the people here and thanks to our activities. I had the opportunity to get to know different cultures and therefore I explored the similar things and the different things with my own culture. By doing readings and researches, I did learning to learn and these have enabled me to develop personally and socially.

2. Individual research:

In our professional hours, I've done a lot of research on my own field, also for other subjects. I researched psychologists, philosophers, different methods of psychology, the people and the topics we talked to during Inner Tech.

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

We have always worked as a team at Centroanidra. In this way, my skills to work with the team and to recognize my own competencies, deficiencies and to speak in a foreign language have improved. I gained discipline, working skills, cooking skills, resilience and time management skills.

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

We did Inner Tech lessons each week with Professor Paolo Bendinelli. Although the subject of the course changed every week, it helped me to have knowledge about many topics and to improve my perspective. We did classes every week with my tutors, Dott. ssa Paola Dora and Dott. Lorenzo della Cella. They gave me tasks that I had to do, for example, creating projects, preparing presentations, doing researches, reading articles and writing summaries. Together with them, we also did soft skills lessons in addition to these lessons. They were always there for everyone in Centroanidra, and we had a chance to talk to them when we needed help.

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

Working with Valentina and Rita in the field of serving, I learned table layout and professional skills in the field of service.

With the lessons we did with Valentina, I learned Tai Ji Quan, Yoga, Qi Qong, Japanese Sword War. It helped me to discover and improve myself physically.

Working with Toby, I learned information about agriculture.

Thanks to the Italian lessons we did with Antonella, I improved my Italian language level. I also learned customer hosting, dishwashing order and organizing the jobs we do in general.

Working with Michela and Claudia, I learned to make cakes, bread, and jam.

Working with Giulia, I learned information about how things work in the office and some documents. I also learned information about the nutrition and care of animals.

Working with Giovanni, I learned information about outdoor work. Those jobs have increased my endurance.

Rota&Jobs (Referee Giulia Siffu):

Corvée:

In Centroanidra, there is a regular system for washing dishes. In the morning, after lunch and dinner, two or three people as a team wash the dishes. These are the names that are listed in the daily task list and the list is changes every day. In the kitchen, the ones that wash dishes, puts the dishes in dishwasher, the other person dries and places the dishes. When I first did corvée, I thought that it has no benefits for me. Later I realized that it helps to gain some skills, such as time management, teamwork, dexterity, practicality, communication, responsibility. Also washing with a team made it everything easier and fun. I did food service many times. I learned table layout and professional skills in the field of service and it helped me to manage my stress level.

Extra activities - visits to companies and workshops:

- 1) We sold organic products made at Centroanidra, such as jam and syrup, with Rita in Borzonasca. It was my first sales experience.



- 2) We visited a abbey called 'Abbazia di Sant'Andrea' in Borzonasca. Since 1910 it has been declared an Italian national monument. Is managed by the diocese of Chiavari through the local parish of Borzonasca.



KEY COMPETENCES

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

1. Communication in mother tongue:

When I came here I had a chance to speak Turkish because there was a Turkish intern. Being able to speak in my own language was perfect, especially in difficult situations that can be life saving. It also helped me to adapt easily.

2. Communication in foreign languages:

There were many interns here, and some had native English. I had the chance to improve my English by speaking to the staff and trainees here. Mostly the spoken language is Italian, so I had the chance to learn Italian here. There were trainees speaking French, Polish, Hindi and Spanish. Even if I didn't learn these languages, thanks to them, I can now tell which language it is when I hear it.

3. Competences in math, science and technology:

I used basic level of mathematics to calculate the time each day while performing our tasks on the list and to solve problems in everyday situations. Also while sticking labels to jars and putting marmalades in jars, cooking for staff and doing food service.

Here we are intertwined with nature and people. This allowed me to understand nature and raise cultural awareness. Thanks to our Inner Technology classes with Professor Paolo Bendinelli, I learned a lot of knowledge in science and technology. I also learned to use some machines here.

4. Digital competences:

I used constantly use the computer, Google, Gmail for research, presentation, and homework.

5. Learning to learn:

In Inner Technology lessons, I developed myself in the field of learning to learn by researching the books and movies suggested by Prof. Paolo Bendinelli. Also, the psychology techniques taught by my tutors, and by researching psychologists and psychiatrists that I did not know before. Apart from these, I was learning new things in everyday work we do. Such as problem-solving, in this way, my awareness increased.

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

I stayed in a tent and a bungalow for 6 months with people from many different cultures. I had the opportunity to interact culturally with them. We always worked together, we ate together, so my awareness, patience and being an open-minded person-level increased.

7. Entrepreneurship:

Entrepreneurship is happening naturally by working with many people at Centroanidra. For this reason, entrepreneurship and speaking skills increase over time. I can say that my entrepreneurship level has increased before and after I came here thanks to my presentation, researches and being in constant contact with other people.

8. Cultural expression:

Here I met people from many different cultures. Every culture has its own language, expression and habits. I had the opportunity to recognize and observe different characters. It made me learn about it here, and I also had the opportunity to share and introduce my own culture with other people. We taught each other some words, traditional foods and cultural expressions.

Borzonasca, lì 07/01/2020

UNIVERSITÀ POPOLARE ANIDRA

THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli



THE MENTOR

Prof. Paola Dora



THE TRAINEE

AYLİN AKSU

THE MENTOR

Prof. Lorenzo della Cella



Attachments:

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

PORTFOLIO OF WORKSHOPS AND LABS



We even had fun while washing dishes.

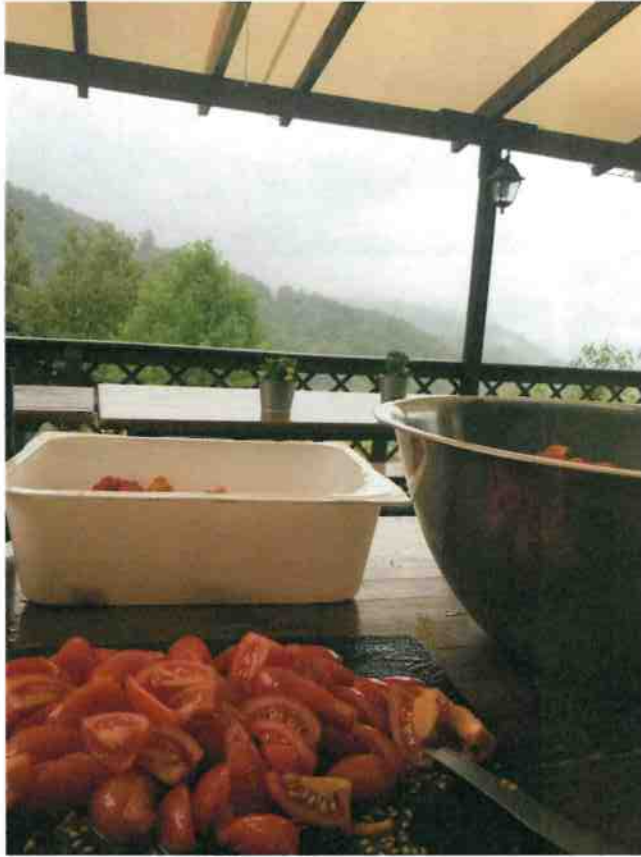


We did yoga with Valentina every week.



Working in the vegetable garden with Toby and interns.





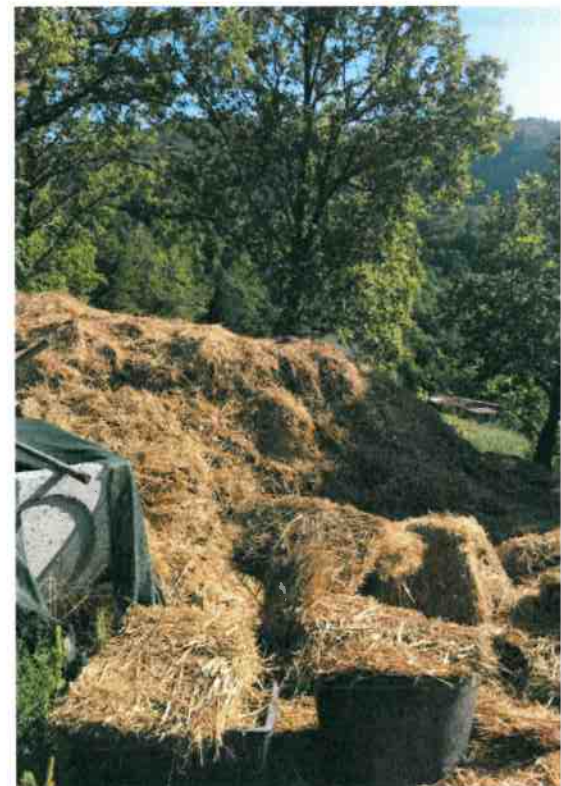
Cutting tomatoes for winter



Cleaning Roses



We worked with a group called 'Moonfool' we broke the branches and did other outdoor jobs together. Therefore, I gained the ability to work as a team and got to know different cultures.



Professional Hours



Working in the office



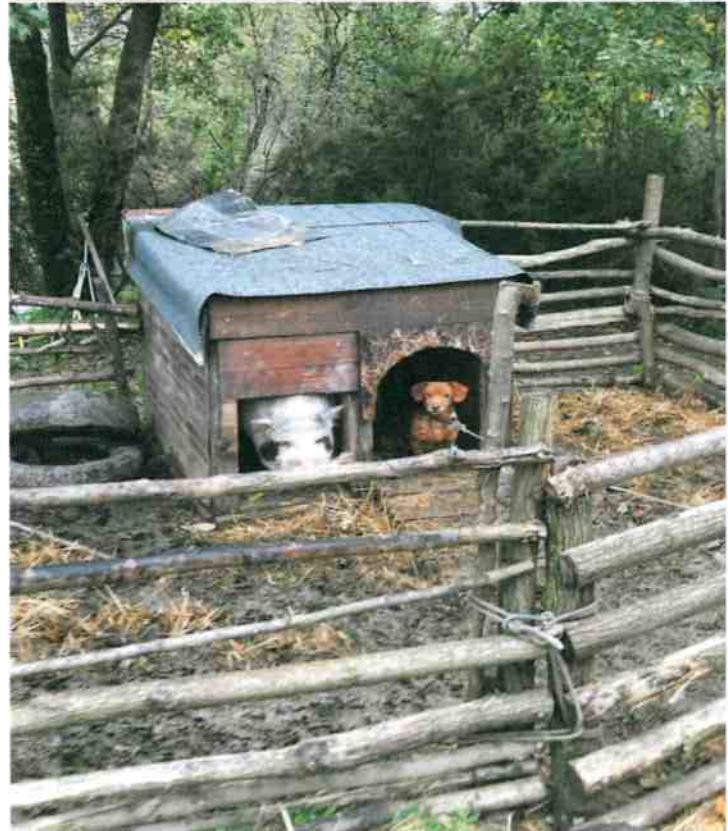
We had a Inner Technology Lecture with Professor Paolo Bendinelli every week.



Lecture with Lorenzo Della Cella



One of the tasks we do regularly every day was to feed the animals and walk with them. It's the perfect task to empathize.





While learning about different cultures and their traditions.



We had Italian lessons every week.



While preparing for the New Year.



I've met a lot of great people in here. We always worked together, ate together and toured together.









**The stage of preparing the tables
before food serving.**



Learning Japanese Sword War



Straw House is where we do Yoga, Tai Chi Quan and other events.

While attaching labels and ribbons to jam jars.



I learned to turn on the stove.



We learned to make Italian food.

Traineeship Assessment of Aylin Aksu

With this letter Università Popolare Anidra certifies that in the path of non-formal and informal internship, the trainee Aylin Aksu proved to have learnt in depth relevant skills in the field of Psychology and Counseling.

The intern participated in the educational activities proposed by Anidra UP improving her professional and job-related skills training especially in the field of Psychology and Counseling, Inner Technology and animal communication and empathy at Centroanidra (Liguria, Italy). The trainee was immersed in a multiethnic and multi-professional environment in a holistic perspective.

Aylin was able to demonstrate her interests, resources and personal reasons contributing to the construction of her training path, benefitting both from sharing objectives and team working. Performing tasks in different and heterogeneous groups, Aylin was able to cooperate with others, favoring professional and personal integration, and build strong friendships.

She adapted well to different situations and different people, showing active interest and participation within relationships, with increasingly positive communication and clarifications. She knows how to spontaneously interact with people, showing warmth and reassurance, and how to put herself in others' shoes while having different values and beliefs. The intern was always happy to face new challenges and carry them out to their best possibilities.

At the end of the training path she proved to have mastered autonomy and to be very responsible, attentive and an efficient fast learner. She also carried out her activities with accuracy by relating the theoretical knowledge with practice (*from know to know-how*) competently performing the assigned tasks. She can express herself effectively and with clarity in verbal and written English. She understands properly Italian language and she can speak Italian with simple verbal forms.

Aylin performed the following professional and job-related activities with commitment:

- 7 Essens Mirrors theory and practice
- "The Attachment Theory" reading and debate
- "Projective Identification" reading and debate
- "The Anidra Method" reading, debate and application
- "Sport Psychology" reading and debate
- An introduction to the work and thinking of Donald Meltzer, reading and debate
- Holistic disciplines: tai ji quan, yoga, Japanese sword
- Fruit and vegetables harvesting, vegetable garden weeding
- Labeling workshops
- Restoration and decoration workshops
- Participation to the course of safety at work
- Animal Communication (horses, dogs, pig)
- Waiting service
- Participation in cultural events: "Il Tibet incontra il Centroanidra"
- Participation in Inner Technology lectures held by the Professor Vincenzo Paolo Bendinelli with final test
- Cleaning and management of the common spaces at Campus Anidra
- Team working workshops for the development of soft skills with the Psychologist and Counselor Dott. ssa Paola Dora and the Psychologist Dott. Lorenzo della Cella
- Welcome Kit: Daily diary, Final Essay, ProfilPASS
- Participation in tandem language and lectures sessions Italian/English
- Visit to historical places: Abbazia and megalithic face of Borzone

While performing professional and job-related activities at Università Popolare Anidra, during the formal and non-formal educational path, the intern expressed good interest and participation, especially within the activities aimed to develop soft skills, fundamental in those professions that are linked to the Supportive Relationship.

She efficiently acted through the various practical internship's educational fields, mostly with regards to motivation that drove her to learn Italian language with the aim to improve Relationships and Team Working.

Furthermore, Aylin demonstrated to know how to integrate in her path the detailed Psychology and Counseling typical knowledge, investigating in depth theoretical parts attributable to authors and Psychology Schools that she already studied in her home University in Turkey. This with a new methodology proposed during the lectures of "Inner Technology" on which Anidra Method is based as a model of emotional-relational support and Counseling.

She proved to be cooperative and punctual with regards to learning and soft skills performing the various activities proposed at Centroanidra with the aim to build soft skills.

Aylin found herself at ease with the Referrals of the internship activities and Tutors. The intern also did Education-Professional Counseling interviews for her future as a student and/or worker, with the aim to evaluate different options and take some decision, aware of the necessity to analyze her Psychology and Counseling knowledge so to choose a professional path coherent with her desires and potential.

She showed openness for the team environment, benefitting from it professionally and personally. As months passed, she became opener to new perspectives and opportunities.

She surely nurtured the establishment of her relational competences, observing herself in the relationship with interns and equal in age. She went beyond her shyness and the initial efforts of a new demanding experience with new and different people. She overcame the difficulty to understand and speak English language. The motivation and results in learning a new language, Italian, were excellent.

UNIVERSITÀ POPOLARE ANIDRA

THE PRESIDENT


Prof. Vincenzo Paolo Bendinelli



UNIVERSITÀ POPOLARE ANIDRA

THE TUTOR

Prof. Paola Dora



UNIVERSITÀ POPOLARE ANIDRA

THE TUTOR

Prof. Lorenzo della Cella

