

Anidra Traineeship

Mentor for professional activities: Michela Alessi

Erasmus Trainee: Merve Çelik

Host Institute: Università Popolare Anidra

Period: 2 months

Number of Hours: 357

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of **Food Engineering**. 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. Michela Alessi):

1. Pilot project:

As a food engineering student, I came Anidra to learn how to make homemade jams, chutneys from the plants that produced in Anidra such as roses, apricot, apple, and ripens, pastry making with different yeast and by using gluten free cereals and also to be familiar with Italian Cuisine. During my internship, with my tutor Michela Alessi I have experienced on making bread with different ingredients, making jams and crostata, kind of things mentioned above, and visiting some places produced honey and flavor and water mill.

Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

In Anidra Università, there are lots of outdoor activities such as painting trees with Giovanni Simonelli, cleaning shopping, labeled jars and common space with Rita, doing yoga and meditation with Bobby, collecting some fruits such as ripens with Jack, washing the dishes with all people. These are so useful experience that I had, sometimes I thought that they are so tiring, but in these times, I can try to have fun doing these events.

3. Acquisition of key competences of European citizenship:

I have experienced many things in Europe, Italy during my internship. It is the first time to go abroad and live away from my family. Here, I have a chance to compare my country and Italy. We have different in terms of behaviors, cuisines, types of understanding to people, wearing style, working discipline, cultures. I learned to increase my tolerance to everything here.

4. Learning and practice of the Italian language:

I have already 2 Italian courses in my school, so I am familiar with Italian language. During my internship, as interns we had a Italian language from Giulia Siffu once a week. She gave us homework, Italian videos, some tasks and worksheets. I am interested in this language, and willing to learn it so I had my homework and tried to speaking with Italian people in Anidra. Also, In Italy, there are lots of people who do not speak English, I had to speak Italian with these people in my day offs.

5. Individual research:

During my internship, I worked with Michela Alessi, is my mentor for professional activities for 2 months in the kitchen. I made some jams, custard, pastry making with gluten free flavor and different types of yeast. I have made some research about ingredients that we used for making food products such as gluten free cereals. I want to make some research about jams, chutneys and different types of fruits.

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

In Anidra mentality, all people in Anidra help each other in every type of jobs like washing dishes, cleaning common place, making some vegetarian and fruitarian dishes without caring their major or grade. I think these non-professional jobs develop my soft skills such as communication with foreign people in the same area, working with people that don't like, try to do the jobs that have never done in your life. I do not have difficulty in doing this kind of jobs, because in my home I do cleaning, cooking, washing and helping with people around me.

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

I have met with Prof. Paolo Bendinelli, Lorenzo della Cella, Paola Dora and Michela Alessi (my mentor) in Anidra. Lorenzo della Cella and Paola Dora are psychologists that help interns to cope with their problems and try to find solutions. Paolo also gives the lecture called as Inner Technology once a week, it is the first time to listen this type of lecture, and inner technology principles.

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

I have been an Erasmus Intern for 2 months in Anidra, that is so important thing will be inserted in my CV. It was a big choice to have an experience living alone in abroad away from family and living in a tent with foreign people. And also I learned Italian even also a little bit, I can add my CV in languages part.

Rota&Jobs (Referee Antonella Tarditi):

Corvée:

There is a well-organized system in Anidra in terms of washing dishes and service the dishes. After lunch and dinner, according to schedule, there are 4 -5 people that have to wash the dishes divided into washing, putting on the machine, drying and place everything to the closets. I liked washing the dishes here because it teaches us time management, adroitness, working with foreign people, having fun even working washing dishes.

Extra activities - visits to companies and workshops:

During my internship, I have visit some places like flavor mill, honey shops related my major with Michela Alessi. Also, all interns join to yoga and meditation lecture from Bobby near the seaside in Lavagna. And also, in Anidra sometimes parties are organized include many people from different cultures. They are so enjoyable and develop soft skills.

KEY COMPETENCES

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

1. Communication in mother tongue:

There are 4 Turkish people except from me in Anidra. They are interns like me. We are talking with each other, share our problems, and having a good time together. They help me to get used in Centroanidra.

2. Communication in foreign languages:

Anidra hosts many people from different cultures. I have met people that do not speak English. I have tried to communicate with these people by speaking Italian. Also, I have tried to develop my English to practice with foreign people, play games with them, have a good time together. Yet, I have a French roommate, she teaches some French words to me.

3. Competences in math, science and technology:

I have taken Inner Technology lecture from Prof. Bendinelli in Anidra. It is my first time I hear that word. I learned principles of Inner Technology and sometimes I put these principles into my life when I feel bad and I have to cope with some problems. As a science, I have watched psychological films such as Papillon. In math, I do not think so that I use mathematical things well here, maybe that measuring the ingredients of cookies and cakes can count as math.

4. Digital competences:

In order to communicate with my mentor and trainer in Anidra, I used Google Products, Gmail. In addition, to search some articles about my major, I use Internet well.

5. Learning to learn:

I am so willingness and curious about learning, so I want to learn everything well that taught me. I am also open-minded person, I carefully listen people even that do not have same idea as mine, many lectures even I do not like to learn something and increase my awareness, observe myself.

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

I have learned to live in nature life, have an experience to live in a tent, have a chance to taste Italian Cuisine, live with foreign people in a shared room. I have developed myself in terms of many things like being more understanding, being more flexible and patient, being more extrovert person when communicate other people. Also I can try to taste every dishes in order to have an idea about that even I do not like. If needed to compare my country and Europe, European people stricter and live away from their emotions, have more discipline. In Turkey emotions and values are in front of our rules and principles.

7. Entrepreneurship:

Entrepreneurship includes creativity, innovation, and new ideas. In Anidra, while we are making some cookies, cakes and pastry with my tutor Michela, we are so free to create new tastes and flavors without depending on the recipe. I am 4th grade Food Engineering Student, so I will have a lesson that is called Food Design means that I need to produce a unique new product.

I think that I can use the ingredients that I have learned here while making my new product. It can be useful, unfortunately except that there is no any other things that improve my ideas about food engineering and processing.

8. Cultural expression:

Creativity is that element in human existence that allows for change and transformation, enabling both continuity and adaptability. There are many people coming from different cultures works in Anidra. Sometimes, I have difficulty in expressing myself while telling principles of my religion such as prohibition eating of pork, and getting used to Italian Cuisine, understanding Italian, and keeping up with changing working hours. However, there are also similar things between Italian and Turkish Cultures. After every dinner and lunch, Italian love sitting on the table and talking with each other for a long time like us. That I have a chance to see these similarities and differences in between two countries increase my awareness and develops my cultural competences.

Borzonasca, lì 1/09/2018

UNIVERSITÀ POPOLARE ANIDRA
THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli

THE MENTOR

Prof. Michela Alessi

THE TRAINEE

Merve Çelik

Attachments:

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

PORTFOLIO OF WORKSHOPS AND LABS



My special day : 26th of July (My birthday) / Grazie Mille Centroanidra



We are Erasmus Interns!



We have fun with Italian Lecture with Giulia!



Yoga Lecture with Bobby near the seaside <3



We are waiting for doing Yoga !



With my Tutor Michela and Pelin on wedding day!



When we are making wedding cake!



Pastry Making with different kind of ingredients and shapes!



Fruitarian Cake !



Banana Bread !



Cake with Plum !



Torta with Rosso!





Cake with Walnuts!



Making Turkish bread called as "Simit"



Preparing Fruitarian Food

We made a lot of things with Miki



Visiting Flour Mill and Place that produce Honey with Michela





Collecting Rosso Ribes with Jack



Cleaning Shop with Rita



Preparing Rosso for Shop with Rita



Breakfast in Anidra



Going to Cleaning Trees with Luca's Truck



Having Fun in Cascata!



One of the activities in Anidra/ Indian Night !



03.08.2018 -- From Turkish Night



When we were making MANTI





My besties from Indian Night



Cucina Team !



Hanging!



Dancing!

