

## Anidra Traineeship

**Mentor for professional activities:** Prof. Valia Galdi

**Referee for transversal activities:** Giovanni Simonelli, employee of Anidagri srl

**Erasmus Trainee:** Asli Suberker, Ozyegin University – Turkey

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

**Period:** from the 11<sup>th</sup> of June 2017 to the 13<sup>th</sup> of July 2017

**Number of Hours:** Total: 174 ; Professional h 76 ; Job Related h 98

## Training Plan

### TARGET

This training plan has as target the acquisition of technical and professional competences in the field of Architecture and Green Building. 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. Valia Galdi):

#### 1. Pilot project:

- The project is based on design of ecofriendly buildings which works with Feng Shui architecture. While the sustainable materials like straw and wood are used in the construction, flow of the energy, connection between space and people are considered in order to obtain healthy and good life.

### Transversal Activities (Referee Giovanni Simonelli):

#### 2. Outdoor activities:

As an outdoor activity my first job was picking petals of Rose Gallica officinalis and Rugosa. The progress starts with taking plastic bags to put the petals in it and it continued with picking them with awareness of bugs into them. Clearing petals from their pollens and insects with sieves was the next step. After measuring the weight of petals, they were ready for making syrup and jams. Another outdoor activity that I did was picking raspberries. The key point of this job was paying attention to find enough mature raspberries to be picked. When the picking progress ends, the baskets with raspberries should be kept in fridge until the production time. In these two activities, I generally worked alone. Working alone gave me some time think and relax before I start to study in my professional area.



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

While I was working with someone who can't speak English, with all movements and gestures, I learnt some words. Also I had Italian lesson in which, I learnt how to introduce myself in basic level, how to ask from someone to speak Italian slowly and also the numbers until ten. In addition to these, I learnt some architectural terms from drawings and documents that Valia gave.

### 4. Individual research:

In my point of view, the most efficient part of the internship was individual research. Since I prefer improving myself by reading books, magazines and examining examples. In Centroatidra I had a chance to see the example in real after I made some researches and readings about straw house. Building with Straw Bales book was given by Valia to me our first meeting, I read and made research about construction types, foundations, finishes, roof and advantages of building a straw house. These are explained with questions and answers below.

**Why lime and clay plaster is used instead of cement?**

Lime and clay plaster allows humidity to travel along the wall. If there is a barrier which blocks this movement, humidity will condense which causes water insulation problems. In addition to insulation advantage, lime plaster has a good influence on our health. These plasters move with straw in time which prevent finishes from cracks. In advance they are affordable and beautiful and easy to give shape of curves and textures as a decoration object.

**How to build?**

There are 3 types of construction techniques:

- **Load bearing:** this is original way of building with straw. In this technique straws are structural blocks which carry themselves and the roof.
- **Infill technique:** the weight of the roof is carried by a timber, steel or concrete framework. The bales are used as infill elements to fill between posts.
- **Prefabrication technique:** It works with prefabricated panels. Straw bales are located in these panels insitu.

**How should be the connection points of windows and doors?**

Fixing post are usually used for having openings. These should be located at the two sides of windows or doors and they are fixed to noggins. Generally two pieces of fixing posts that are 100mm 50 mm are used to strengthen the connection points. Timber lintol is located at the top of the opening and the timber footer located at the bottom of opening. Timber footer is fixed to window posts for bringing window towards exterior face of wall. Placing windows at close to the interior facade helps the waterproofing.

**What are the advantages?**

- Flexibility of design
- Simplicity
- Low environment impact
- Thermal performance
- Cost-effectiveness
- Improvement self-efficacy

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

As a resident of Centroanidra my first job was washing the dishes. It started with learning places of each ware to put them back. After I learnt how the vapour engine works. I generally worked in drying and placing progress. In addition to washing dishes, I cleaned bathrooms, and a new bungalow. Labeling was one of the works that I enjoyed so much. I put labels and some instructions on syrup and jams that some of them are produced from petals that I picked. Also I cleared the jam and syrup glasses and put them in order in the shop to make them ready for clients. That made me feel the pleasure of being a part of a production progress. Lastly, I learnt shabby technique which regains old useless furniture with contemporary look. After little introduction, we painted a table and chair by using this technique.

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

Valia Galdi, Architect  
Plain Green

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

- Detailed plan and section of windows and doors
- Detailed section of building footers
- Analyzes of Mulino rooms considering Feng Shui Architecture

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

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

At 28.06.2017, we visited Plain Green with our Mentor arch. Valia Galdi. Firstly she introduced the company and gave information about some ecofriendly products and systems. Firstly we made observation about Zehnder Solution for Combined Heating, Cooling, Ventilation, and Domestic Hot Water Preparation. In this system, energy saving can be ensured up to 50% . In addition to energy saving, since every components are from one single source, they work in coordinated way. If it is needed to be clarified, it can work for a long time without any problem.

Another system that Arch. Galdi explained us was the insulation system between bricks. According to the informations; between two bricks there is foam as an insulation material and as a finishing member pilaster is used with water resistant color which makes this system suitable for bathrooms and kitchen.



## KEY COMPETENCES

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

### 1. Communication in mother tongue:

During my internship, I had four friends who can speak Turkish. Even when there was foreign interns with us, sometimes we didn't use English. In my point of view, it restrained improvement of our English and our friendship with our foreign friends.

### 2. Communication in foreign languages:

In my first week, I didn't have any Turkish friends that's why I need to explain everything in English. Even if I didn't know the correct word to use, I used movements to explain them in time, I started to learn new words and I practiced them in daily life. In addition to gain of new words, I also tried to stop thinking Turkish before I made sentences in English because it was affecting my speaking skills in a bad way.

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

Drawing and analyzing plans, fitting one material into construction are related with math. At the straw house construction, we made observations and tried to understand the plan and section mathematically. Also we need to have a command of a technology and science to combined them all. Eventually we were all included in technology, science and math.

### 4. Digital competences:

While drawing detailed plans, I improved hatching skills on AutoCAD which are shaped according to materials.

### 5. Learning to learn:

-In Centroanidra I was writing diary and also I was trying to understand the main procedures of straw house construction. That's why I read and made research almost every day and I wrote what I learnt day by day. It improved me a lot because every time I was putting something more on my knowledge and at the end I reach a certain knowledge level.

- I understood the importance of careful observation to learn a job well. Because in Centroanidra, sometimes I didn't have a chance to have communication while I was working. That's why I tried to learn with observation and it generally worked.

-After the drawings that Arch. Galdi sent, I was able to guess meanings of some Italian words.

- I discovered the high potential for learning in social environments.

-It was educatory that Arch. Galdi gave us time to finish our tasks by ourselves. If I finished my work before deadline, it makes me to check my work again and if there is a point that I am not sure about it, it makes me to check and research again.

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

Living in a society needs respect, patience and dedication. In Centroanidra I learnt to know more about people thanks to Rota&Jobs activities. Because we had planning which consist all personals

and all interns. Even if I can't speak same language with my colleague, common task connects us each other. In addition to these, I understood the importance of group working. When I heard all the music, all the languages, all the places that I don't explore yet, I understood how earth big it is and I had a big pleasure to explore all these.

#### 7. Entrepreneurship:

I am shy person. If I don't have an atmosphere that I feel comfortable and relax, I can be so stressed that makes me detract from people. Speaking English creates one of the most stressful atmosphere for me. In my first days, I avoided from communication but by the time I realized that if I don't try to do that, my English can't be improved and more importantly I can't overcome my shyness anymore. That's why I began to feel relaxed in my communications in English and I understood that the one that limits my conservations was my shyness.

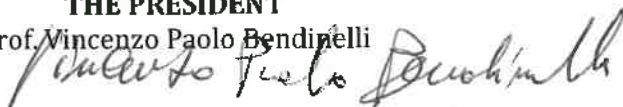
#### 8. Cultural expression:

Cultural expression was one of the most exciting experience for me. Every time that I heard something that is so close to our culture or the totally opposite habits I got so excited. I had not only chance to learn Italian culture; I had very nice friends who taught me Greek, British and French cultures. From all these most exciting for me was a huge similarity in our eating habits between Greek and Turkish culture. Also even I knew siesta tradition before, I surprised again when I saw all the shops closed in Chiavari. With all the similarities and differences, it was so nice to know them.

Borzonasca, li 13/7/2017

UNIVERSITÀ POPOLARE ANIDRA  
THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli



THE MENTOR  
Arch. Valia Galdi



THE TRAINEE  
Asli Suberker



**Attachments:**

1. Portfolio
2. Anidra evaluation
3. Letter of reference



## PORTFOLIO OF WORKSHOPS AND LABS

**11.06.2017**

I arrived Centroanidra around 8pm. Leopoldo was sitting in front of the door and in that time, I understood that he will be my cheer for a long time. They showed my room and I put my stuff there. I met with everyone and had dinner with them and then around 10 pm I went to sleep.

**12.06.2017**

It was my first day. I met with Ms. Siffu to pick the petals. She showed me the places of *Rose Gallica officinalis* and *Rugosa* and the plastic bags to put the petals and we started picking. After picking, we cleared petals from pollens and insects with sieves. And then I went to Ms. Siffu's office for registration. She gave me the map of the campus and introduce me with the main places. And then I started to discover. Firstly I walked around the Mulino and then I walked through the river and after little discovery, it was time for the lunch. After lunch we talked with my roommate Anna about ourselves. After that we went to riverside and freshened little bit. And then we came back for dinner. After dinner, I started my first washing dishes adventure. It was nice to being a part of system that works automatically. After washing dishes, I went to sleep.

**13.06.2017**

After breakfast, I went down for picking petals and then I cleaned them. After lunch, I met with my mentor architect Valia Galdi. She introduced me the job that she is responsible for. She gave a book for understanding construction with straw bales better. After a general information, we focused on openings of straw ball house because according to her, it was one of the most important part of the construction. She showed me detailed plan of windows and doors and asked me to draw 1:10 scaled drawing plans. But before I started to draw the plans, I decided to analyze the book and understand construction with straw bale principles deeper. Then I started to read the book and make some research about windows and doors of straw houses. The research and reading past until dinner. After dinner we sat with my new friends. It was nice to be with them. And it was time for going to bed.

**14.06.2017**

After breakfast, I picked the petals and I applied the same process for making them ready. After I read straw bale book until lunch. I had my lunch and at the following hours, I tried to draw plans and sections. It took my all day.

**15.06.2017**

At the period from morning to meeting time with Valia, I focused on my drawings and tried to complete them. But drawing this kind of detail plan without visualization was hard and too new for me since I couldn't progress enough. At the evening we had a meeting with Valia. I asked my questions and ask her to explain some points again. After meeting with Valia, I tried to correct my mistakes and continue to draw. After dinner I washed dishes and went to sleep.

**16.06.2017**

In the morning, I picked the petals. I continued with the reading 'Building with Straw Bale' book. It was so nice to make some researches and drawings at Piazzetta. I felt so relaxed. After lunch, all interns and the President of the Centroanidra had a meeting. He made a speech about the vision of the Centroanidra and we contributed with our taught. Afterwards I continued with my drawings and reading until dinner. I had my dinner and went to my room to watch Tv series.

**17.06.2017**

After breakfast, I painted some table legs. In the midday, I looked at the documents of straw house. In the afternoon, I met with Arch. Galdi at the construction site and she basically explained me the building strategies, the plan, materials that are used and the roof. After visit, I made research about

wood truss system. I learnt that, in order to have resistance against compression, steel ropes are used. I continued with the drawings and reading. After dinner, I talked with my friends and went to sleep.

**18.06.2017**

After breakfast, Federica showed me how to clean the bathrooms and I continued to cleaning. In the midday, I continue with my drawings. We worked from 17.00 to 19.00 with Arch. Galdi on my detailed plan drawings and the progress of the construction. She corrected my mistakes on drawing, and explain me the process of the construction with pictures and she sent them to me. I started to write process of construction for the Final Essay. In order to complete my lacks, I made research about foundation, plastic igloos, cut board roof system, roof insulation and roof coverings.

**19.06.2017**

I worked on my drawings until lunch. After lunch, I washed the dishes and after I went to my room to have a rest. I met with new intern Ayça before dinner. We talked about ourselves and architecture little bit and after I went to sleep.

**20.06.2017**

Before midday, I continued my detailed drawings. After lunch, Ayça and I made observations on electric plan of straw house. I gathered information about Monofaze, trifaze terms. In the afternoon we painted the *cassette* and helped to carry these *cassette* to the wedding area and then we took the plates with us in order to change them with the correct ones which are in the restaurant.

**21.06.2017**

In the morning, we visited Earth and Fire Mulino rooms with Ms. Siffu. We took pictures and made observations about Feng Shui. After that Ayça, Chanel and I shared our works which we have done so far. Chanel taught the connection between the directions of the room openings and Feng Shui taught and I explained the construction process of straw house with the pictures that Valia sent to me and I tried explain the principles of straw house that I learnt from Arch. Galdi and from the 'Building with Straw Bales' book. After that we had lunch and I washed the dishes of lunch. In the evening, I made research about Feng Shui architecture also I asked some questions to Ayça and Chanel to learn more about Feng Shui architecture. I stopped my research for having dinner and after dinner I rest.



**22.06.2017**

I was sick.

**23.06.2017**

I was sick



**24.06.2017**

We had breakfast with all interns. After breakfast, Ayça told me about the Feng Shui principles. Since I was sick, i couldn't join them. Then I started to feel bad again and I went to my room to rest little. After lunch, I wrote what I learnt today about Feng Shui and in the afternoon I met with Claudia and Laura at dojo to help design of gallows and clean of the refrigerator. I came back and had dinner. After dinner we watched horror movie.



**25.06.2017**

After breakfast, I went my room to work because it was raining. I started to search about Feng Shui theory by my own. Until lunch, I found and read the book of The Principles of Feng Shui that is found as pdf form in internet. During this time I realized that, raining makes me slow at my work and working at outside may have an effect on my speed and psychology in a good way. Then we had a lunch. I rest and did my daily practice of Spanish and came back to continue reading book. I, Ayça and Elif were supposed to be dojo to help but I felt stomachache again and came back to Restaurant to continue my work until my meeting with Lorenzo, the counselor. Around 7:30 I met with him. He asked me questions towards my psychology in Centroanidra and I tried to explain what I feel in English but it was little bit hard. Around 9 pm we had dinner. Chanel baked a cake for her farewell party. We said goodbye all together to her. It was our first goodbye and it made me sad but I hope that we will meet one day. With this thoughts, I went to sleep around 1 am.

**26.06.2017**

I was late for breakfast so I couldn't have it. I washed dishes until 12:00 and then have lunch. After lunch I made some modifications in my diary and sent my drawings to Arch. Galdi to ask her to check them. At 4 pm Elif, Ajab and I met at the straw house to gather the spilled straws. After this job, we shared our knowledge about construction process. When we came back it was almost dinner time. After dinner, I washed dishes and rest.

**27.06.2017**

After breakfast, I took new sheets for my new bed in the tent me, Elif, Ajab and I went to the Dojo to help the wedding preparation. Elif and I covered the chairs and put them to the sun to make them dry until wedding. And then in order to create more space in women part in tent, we changed the division place. After lunch, I made some modifications on my diary and my drawings. We decided to swim and relax in the waterfall. And we came back from the waterfall around 6:30 and met with Valia. We showed our works. She show the points that I should have changed on them at the last

stage and then asked me to draw elevation of the window. I made hatches on sections and added texts. And then I had dinner.

**28.06.2017**

After breakfast Arch. Galdi took us (Elif, Ay a, Ajab, and I) to Genova for visit of Plain Green where she has some works in. We arrived in Genova around 11 pm and she gave us free time until 2:30 pm. In mean time, we had a little trip around Genova. When the meeting time came, we went to Palazzo Ducale. In the Plain Green company, Arch. Galdi showed us some projects, eco-friendly products. Firstly we made observation about Zehnder Solution for Combined Heating, Cooling, Ventilation and Domestic Hot Water Preparation. In this system energy save can be ensured until 50%, heat recovery can be ensured until 95%. In addition to energy save, since everything is from one single source, all components of system work in coordinated way. Arch. Galdi explained us the insulation system between bricks. Between two bricks there are foam and as a finishing member pilaster is used with water proof paint. After our trip in Plain Green, Ajab and I had a trip in Genova. We visited some significant buildings and talked about them. We came back to Centroanidra around 8 pm and had dinner. After dinner I rest little and went to bad directly since I was tired.

**29.06.2017**

After breakfast, Elif and I went to Dojo to clean confetti from wedding. In the evening I focused on my drawings. After lunch I washed the dishes and spent time with my friends.

**30.06.2017**

After breakfast, Elif and I cleaned the bathrooms and chairs that will be located in the living room. After we had breakfast and rest. Around 5 am we visited the site. At the site, Valia explained the connection point between technical rooms' roof and a multipurpose room's roof, because of slope and height, the gap is filled by rock wool and to ensure insulation, transparent membrane is used at the connection point. On the top of the membrane, wood plaque is located in order to close the gap. At the connection point of wooden plaque and wall, membrane is used as insulation material. To flatten the surface, 2 cm clay plaster is used under the wood plaque. At the last, the walls (straw bale wall and concrete wall of technical rooms can be located next to each other. Checking the measurements of gaps for water system. After meeting we had dinner and after read the procedures of essay and I went to sleep.

**01.07.2017**

Today Centroanidra was so crowded. We had our breakfast and waited for meeting with Arch. Galdi. She helped to correct my mistakes in my drawing and I continued with completing my missing points. After lunch, I worked for my Final Essay and diary.

**02.07.2017**

**Day off**

**03.07.2017**

**Day off**

**04.07.2017**

After breakfast, I finished the half of Profil Pass and organized my stuff. After lunch, we went to waterfall to swim. At 4 pm Ajab and I met with Rita and we put labels on jam and syrup bottles until 6 pm. From this time to dinner, I finished my Profil Pass. In the evening, we had Sardinian Dinner. And then we washed the dishes and went to sleep.

**05.07.2017**

After breakfast, we met with Arch. Galdi and she gave me new task. She asked me to redraw the ylong addition point at the footers and then I started to draw it. After lunch, I washed dishes and met with Ajab to complete our task which is putting descriptions and labels on jam glasses. After work, I rest until dinner.

**06.07.2017**

Morning: Arch. Galdi. Afternoon: Labeling with Rita and Ajab.

**07.07.2017**

After breakfast I, focused on my Final Essay. After lunch I washed the dishes and then I cleaned the jams and syrup glasses in the shop until 5.30 pm because at that time we had a South African dance workshop in Dojo. We danced until 8.00 pm and then had dinner. At afternoon we met our new friend Paulina from Poland. We had dinner and watched at movie after it. Around 12.00 am I went to sleep.

**08.06.2017**

Morning: Galdi task

**09.06.2017**

Day off

**10.06.2017**

After breakfast, I started to cook traditional Turkish lunch with Matteo and Paulina. At 1 pm *Müjver*, eggplant salad, *Ayran* and rice was ready. After lunch I rest little bit and we had meeting with Arch. Galdi at 6.00 pm. After that I translated slides that Arch. Galdi sent about straw house construction and I took some notes.

**11.06.2017**

After breakfast, I tidied up and clean the storage. And then I washed my clothes. After lunch, I washed the dishes and then continued to writing my Final Essay.

**12.06.2017**

Today I had breakfast at 8.30, and I was happy because there was the cheese and it reminds me of home. Then I started working outside, with Paolo, Antonio, Rico and my interns friends. It was a tiring work. After lunch I washed the dishes and went to waterfall with Naya, Paulina, and Yasemin. In the afternoon I met Ms. Siffu, we checked the Final Essay.



