

Anidra Traineeship

Mentor for professional activities: Prof. Valia Galdi

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

Erasmus Trainee: Ayca Şimşek, Istanbul Aydın University – Turkey

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

Period: from the 19th of June 2017 to the 20th of August 2017

Number of Hours: 405h total; 161h Professional Activities; 244h Job-related activities

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 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. Valia Galdi):

1. Pilot project: Straw House (Casa di Paglia)

Straw House is a green building that we're working about. A green building is a structure that uses environmentally friendly and sustainable practices in all phases of its lifecycles, from production to demolition. This system looks for how the buildings save resources and money, they have a positive impact on occupant health and they promote renewable, clean energy.

This building has designed to the criteria of bio-architecture and Feng Shui. They use of natural and local materials. We used the soil for making mix (straw, sand, water and soil) that we took from the another place of Anidra and then separated the particular soil. The straw that we use for the walls ensures the insulation of heating. Therefore, in the winter, there will be hot and in the summer seasons, inside will be cold.

In this project, they are using solar panels on the roof. Solar is far less expensive than traditional electricity and it's the best way to use Sun lights. Therefore it will be more economic. Except that Feng Shui is also best way to use the spiritual and natural energies. In the nature, there are 5 elements; fire, water, metal, earth and wood. They are using elements energies to canalize inside the house. Its most important thing for people's happinesses and healthies. They are supporting to canalize with furnitures locations, windows and doors openings, walls and floors designings...

On this area, they are using Sturla Rivers water. There is some filter tanks for cleaning the water. This tanks also clean the dirty water to send back to river. In this tank, there are some plants and types of rocks to hold the dirtiness.

In the end of the Casa di Paglia, they will built biological bond for using water element's energies. On this area, the houses have to be organic, sustainable, compatible with the environment. Architects, engineers and all of the workers are trying to do their best for the catching harmony with the environment.



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Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

1) Building up Tents,



2) Setting Billies for rooms,

3) Picking up Lavender, Nashi (pears) with Jack,





4) Picking up vegetables and plants with Luigi,



5) Planting beans and salads with Luigi,

6) Separating soils at Straw House,



7) Making mix with soils, straw, sand and water;

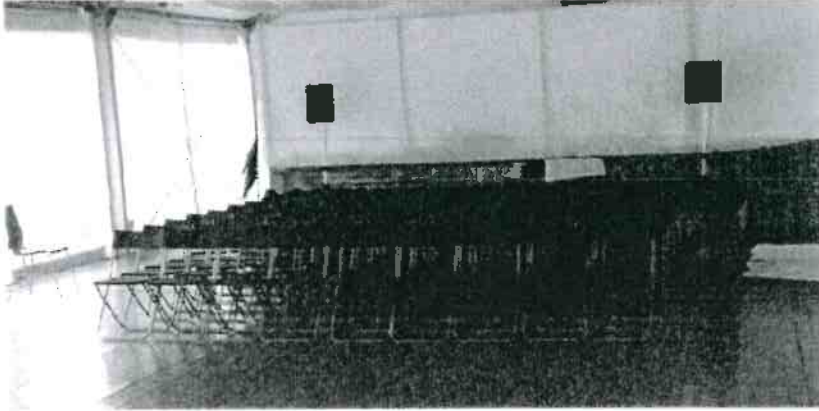
8) Cutting strawball with Elif and Antonio,

9) Watering plants,



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10) Fixing chairs for wedding,



11) Learning how to do perfect ribbons for wedding chairs,

12) Doing Tai Yo Qi with Anidra Group,



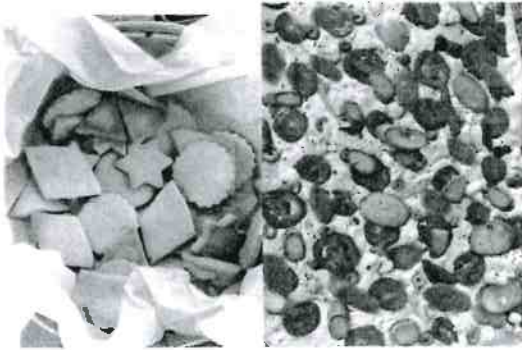
13)Joining to Security Course that prepared by Giovanni,

14)Learning and practicing how to paint with Shabby Technic,



15) Learning with Alessandro how to calculate stress on Ansys program,

16) Learning and practicing how to bake cakes types, cookies, make pizza and meals,



17) Separating vegetables and fruits,

18) Cleaning mussels,

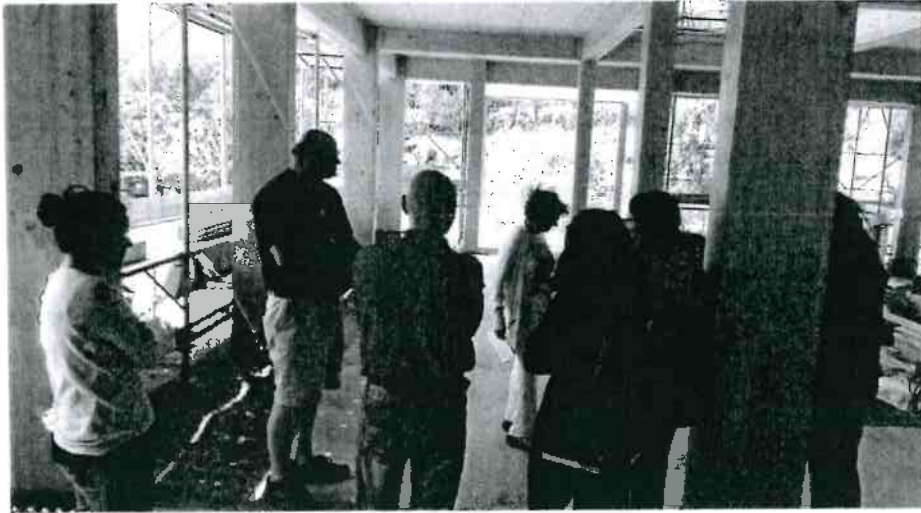


19) Preparing salads, and fruits;

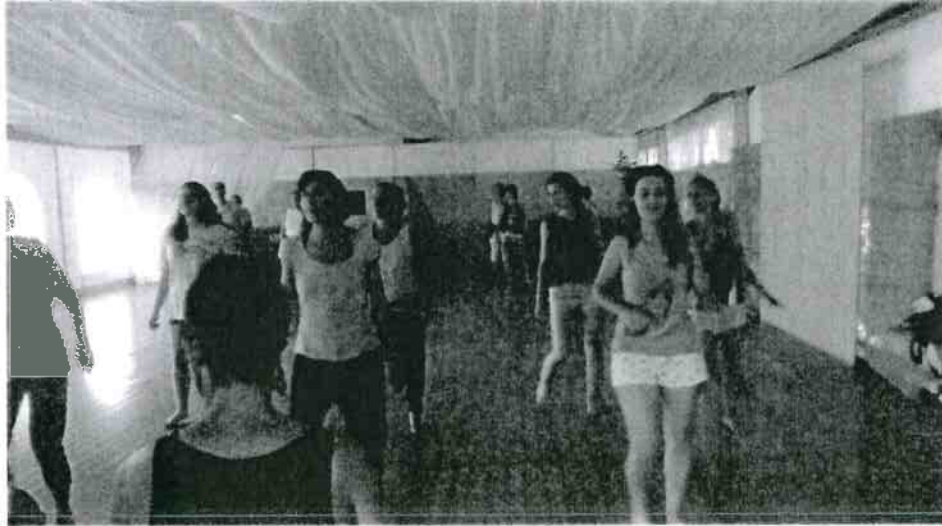


20) Doing Tai Chi with Anidra Group,

21) Joining seminar about natural materials and Straw Houses,



22) How to do African dance,



23) Transformation Sambuco.



3. Acquisition of key competences of European citizenship:

On this internship, we haven't only professional activities. In 2 months; we tried to do everything even washing dishes that is usual activity in every lunch or dinner. In this case, you're not doing only washing dishes. You improve your other skills, for example; how to do it faster or how to do it when there's so many people around you and the most important thing that you're learning in every work that how to work with people who have different personality than yours.

On the other hand, we all study different subjects but there're connections between them. For example; I studied architecture, I learnt how to use some programs, how to draw with hand too, art history etc. In the working place that it may be office or building site, we will work with engineers, landscape architecture, visual art experts... So I have to have knowledge about their job and job skills even it can be little informations.

In this Millennium, technology has improved a lot and we must capture development somehow. On every job, people use computer, everything is automatic and if you're not good at it, it isn't possible to catch the life and to be successful. Therefore we're trying to open our views and improving to our job skills and obtaining knowledge about almost everything.

4. Learning and practice of the Italian language:

There is a myth that: "The best way to learn foreign language is go to a foreign country!" A lot of people seem to think that being in a foreign country means that you automatically learn the country's language well. But the fact is most immigrants in America don't speak English very well, even after living there for 20 years. Of course that's not a reason that I am not speaking Italian. Everyday, I speak basic Italian with people around me. Sometimes I had to try to speak Italian because some people don't know how to speak English and we had to communicate so we tried to do that.

On the Anidra University page, we have basic Italian Lesson and then we started to learn with Italian teacher. It's the best way to learn grammar and it was great. And the most important thing is finding the opportunity to practise Italian every time that we want.

5. Individual research:

- 1) **Taoism:** On this subject; I learnt Chinese Philosophy, origins, yin and yang thought, beliefs...
- 2) **Feng Shui:** I learnt that how to canalize the energy of the nature, how to use the 5 elements energies...
- 3) **Water Line Pipes**
- 4) **The Rain Garden within Sustainable Urban Stormwater Management**
- 5) **Program Commands:** Sketchup, AutoCAD, Ansys
- 6) **Straw Houses**
- 7) **Natural Materials**

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

We went to Palazzo Ducale/Genova to meet professionals with Valia Galdi. There is Plain Green Office, this company has many professionals like engineers, landscape architectures and architectures. They work on the insulation, heating system, Feng Shui, natural materials... Valia explained all of the levels of insulation, traditional systems... They showed us their projects that they already finished and still working on them.

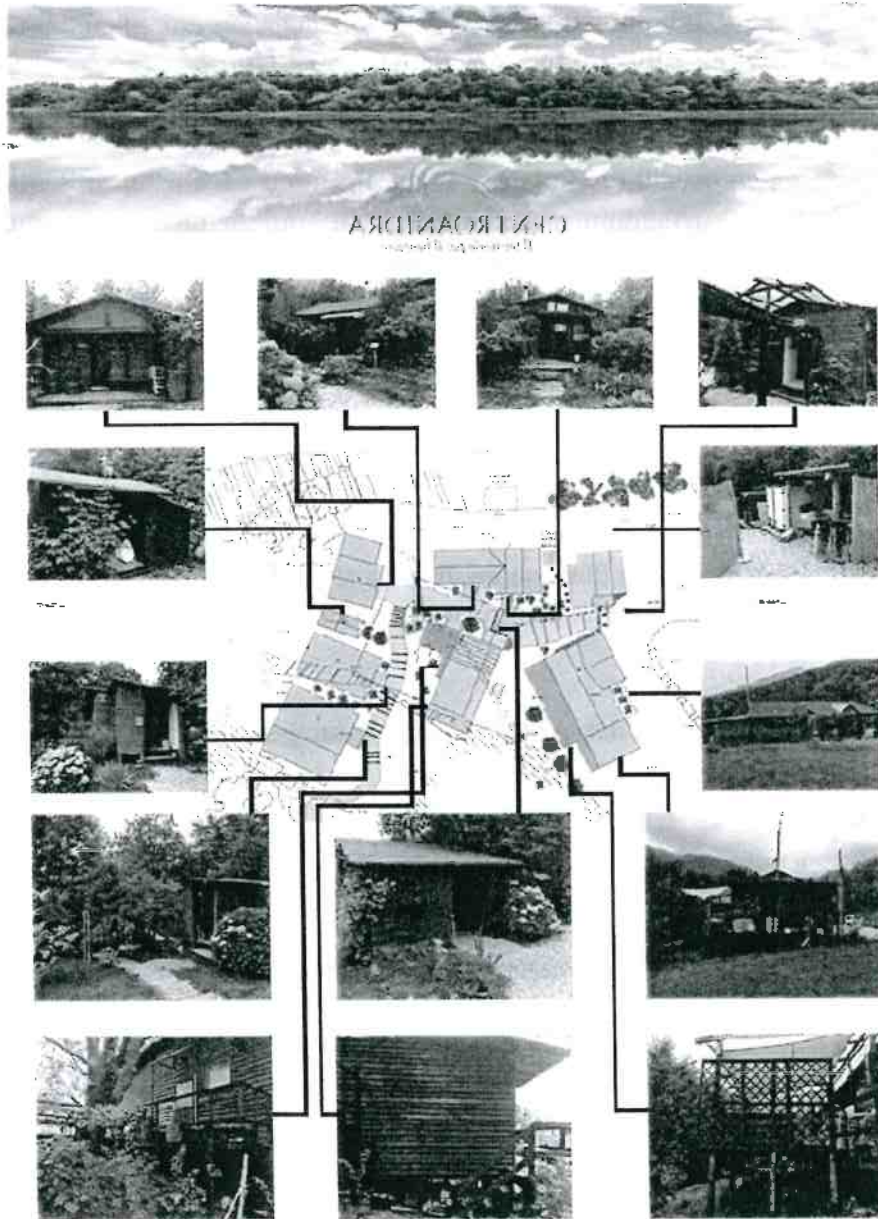
In the Anidra University, we had seminars about natural materials of houses and especially straw houses. Some of the people came for this seminar too, Valia and other professionals showed how

to do straw wall and how to prepare mix of walls. They joined us for preparing the mix. Inside the mix, there are the straw, soils, sand and water.

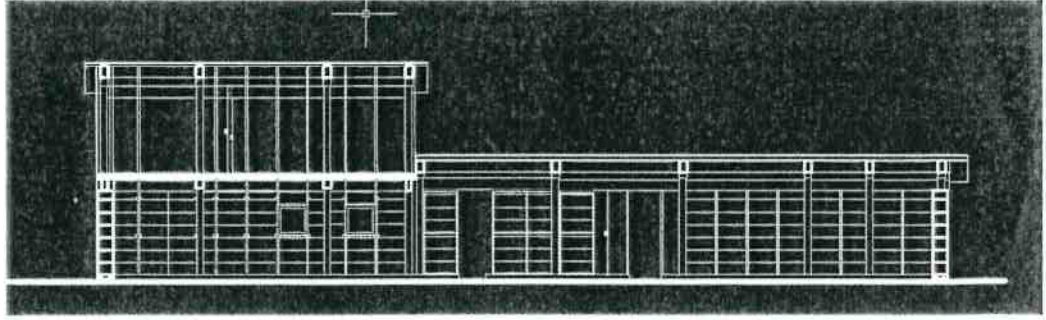
We had a security course with Giovanni, He gave us some documents about it. We learnt what we must to wear on the site, how we must act on the emergency, how to work with dangerous materials.

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

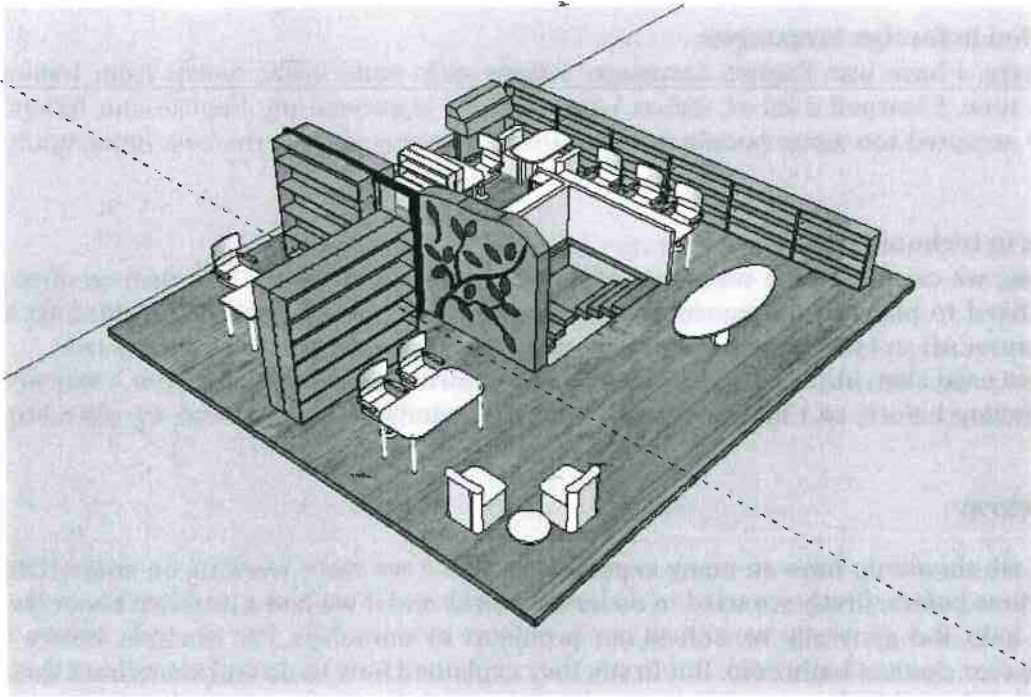
My first task is observe the Anidra Area. Therefore we took a photo of the small buildings - bungalows- we looked for the plants and path locations and then prepared on the Photoshop.



Second one is drawing section of the Straw house walls.



Third one is drawing 3D. (Last Work)



Rota&Jobs (Referee Antonella Tarditi):

Corv e:

- 1)Washing dishes,
- 2)Cleaning bathroom with Rita,
- 3)Cleaning Dojo's wooden floor,
- 4)Setting the tables,

KEY COMPETENCES

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

1. Communication in mother tongue:

We were 4 Turkish people in Anidra University at my last week. When we were alone, we were talking in mother tongue.

2. Communication in foreign languages:

When I arrived here, I have just English Language, I knew only some basic words from Italian Language. In this time, I learned a lot of Italian Language and improved my English and Italian. Anidra University accepted too many people from an other countries so it is the best opportunity to talk in English.

3. Competences in technology:

In the Straw House, we calculated the measures of the straw balls and woods and then we drew the sections and fixed to plans of the house. When we were doing this, we used the autoCAD. I knew how to use autoCAD so I just improved my skill that I already knew but I was getting fast. In my last work, we used SketchUp to draw interior design of straw house's second floor. I was not good at using sketchup before, so I had to search about commands and I improved my sketchup skills.

4. Learning to learn:

Every works that we should do have so many experiences. While we were working on something that we've never done before, firstly we tried to do how it works and if we had a problem about the job, we asked for help. But generally we solved our problems by ourselves. For example, before I arrived here, I've never cleaned bathroom. But firstly they explained how to do and sometimes they showed that and then I tried to do.

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

On this project, Anidra University has accepted too many people from another countries. So we had opportunities to meet people and know the different cultures. For example; on the interns last day, they should prepare the their traditional foods. They introduce their cultures.

6. Entrepreneurship:

When I arrived here, I wasn't open minded like I am now. On this internship, we worked with so many people on so many different work. That's make us more open-minded and more entrepreneur. Now I feel like I'm able to worked with different kind of people on different kind of jobs.



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7. Cultural expression:

When I arrived Italy, I didn't know how to find wright train station then I asked people, they were really kind to me. So I can say that they all want to help the other people. They are really nice and warm.

On the other hand; they have really good taste of food and vine. Historically they could protect the buildings and they have respect all of the religion, different cultures, they all open the other views of peoples.

Borzonasca, li

19/08/2014

UNIVERSITÀ POPOLARE ANIDRA
THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli

Vincenzo Paolo Bendinelli

THE MENTOR

Arch. Valia Galdi

Valia Galdi

THE TRAINEE

Ayca Şimşek

Ayca Şimşek



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Attachments:

1. Portfolio
 2. Certificates of the visits of the companies
 3. Anidra evaluation
 4. Letter of reference
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PORTFOLIO OF WORKSHOPS AND LABS

19.06.17 (Monday - Lunedì)

I flight to Milan. Then I found the train station. First I had to go to Milan centre. After that I went to Genova, then Chiavari. But it's hard to find train station to get on the train and go to Chiavari, because I couldn't find the station number on my ticket cause there's no number! I couldn't find the person who works for giving information! After I found her and she said Levante and I followed the Sestri Levante! When I was in Chiavari, there wasn't the bus to go to Centroanidra so I went there by taxi. I paid 50 euro! It's too much! Anyway... Firstly I met Chanel! She's from London! She's so friendly and kind to me! Then I met Asli, she waited for me to go to dinner! Everyone brings me wine and beer! I loved that! After dinner, Matteo, Asli, Chanel and I stayed behind the dining room and we chatted, watched to fireflies... my first day was so amazing and I didn't expect that!

20.06.17 (Tuesday - Martedì)

I read some documents about Erasmus programs. After lunch we painted boxes to white! Then we (me and Asli) studied electric project plans of strawhouse. We translated some Italian words to English. We looked into the symbols where it's on the electric plans. I studied Italian Language. After dinner we dried to dishes and watched movie.

21.06.17 (Wednesday - Mercoledì)

In the morning, Giulia showed us Mulino's 2 rooms. One of them symbolies the fire, and the other one symbolies Earth element. There's not so many furniture, they designed with Feng Shui. After lunch we cleaned tables and kitchen too.

22.06.17 (Thursday - Giovedì)

I searched feng shui, Taoism.

23.06.17 (Friday - Venerdì)

We searched about feng shui, studied w/ architecture. After lunch, we washed the dishes. We studied foundation of straw house, looked at the photos progressing of the straw house. Around 17-18, Rita and I cleaned the bathroom. After dinner, we watched the movie!

24.06.17 (Saturday - Sabato)

We worked about Anidra Area, we had a homework that we have to prepare little presentation. We took some photos that it was facade of the wooden buildings around the path. After dinner, we washed the dishes.

25.06.17 (Sunday - Domenica)

10-13 we studied. 16.00 I helped someone who working for wedding. We washed the dishes after dinner. Today, Chanel's last day! She cooked for us! I'm going to miss her...

26.06.17 (Monday - Lunedì)

After lunch, we washed the dishes then we studied.



03.07.17 (Monday-Lunedì)

In the morning, I joined to Tai Yo Qi group; that was interesting, but movements are too fast for me, in the end we did Tai Chi too, it was really hard to do but it's useful in everywhere...

In the Afternoon, we had a Security courses with Giovanni, he explained and made everything simple to understand, he gave some example, it was great...

04.07.17 (Tuesday-Martedì)

After lunch, we went to swim to Waterfall. (Cascata) In the afternoon, we went to do farming! We sowed the beans seeds, over the ground for growing and we picked the plants to others growing well. After dinner, I dried the dishes and put them to their own places.

05.07.17 (Wednesday-mercoledì)

In the morning, around 9-10 we started to study with Valia Galdi. (Elif, Asli, Ajab) After lunch, I dried dishes and we instantly started to bake a cake, we made vegan cake, chocolate and almond cake... After Michela came here around 6.30 we started to bake again. She let us bake some cookies for breakfast. ☺

06.07.17 (Thursday-Giovedì)

We met Giulia, she told us to complete our works (essay, profile pass, diary). I worked on profile pass...

09.07.17 (Sunday-Domenica) Dayoff

We went to Sestri Levante and Moneglia. We ate pizza in Chiavari and then we came back to Centroanidra. That was amazing, we enjoyed!

10.07.17 (Monday- Lunedì)

We learned technic of the painting, they call "Shabby". I actually did this before 3 years ago.

Shabby Chic Technic

1.Clean the furniture

2.Sand off slightly to make the surface rough

Legs

1 Give the gray color

2 Let it dry

3 Pass the wax at the points where we want the ruined effect, where the gray will emerge from the white

4 Wipe the surplus wax with a rag

5 Give the white color

6 Let it dry (of course!)

7 Sand the points where we had put wax to make the gray appear

Plan

1. Give impregnated brown stretched out very diluted
2. Let it dry!
3. Give flatting very well
4. Let it dry for 24 hours

We met Valia Galdi, we talked about water line system, I have to draw some detail! We're going to meeting at 18th July, we have to be ready at 07.30 am! It's too early but I'm happy to go there!

After that I gave water to plants! It's too funny! Love plants!

I didn't know that I was in charge in the kitchen! We washed the dishes and cleaned everywhere! I don't like to do that but someone has to do so we do...

11.07.17 (Tuesday- Martedì)

We did farming w/ Kevin and Ajab; it was just picking up the weeds.



14.07.17 (Friday-Venerdì)

We did Shabby again w/Elif but we couldn't finish and after lunch, I had to wash the dishes and finish the shabby. Elif helped and we finished all sides of furniture. After lunch we studied with Alessandro. He showed too many things on Ansys. (It's a computer program that you can calculate statics.)

15.07.17 (Saturday – Sabato) Day Off

We went to Genova w/ Elif. We visited museums and Churches. They are all amazing, we loved all of them. We ate and met the other group members in Chiavari.

16.07.17 (Sunday – Domenica)

I finished the Profile Pass. After lunch, we joined the practical course at strawball house. There was a problem that they couldn't put the strawball on top and the teacher said that you have to separate the straw, then we separate in the middle but we couldn't compress 10 cm so we decided to separate on 3 points but we couldn't compress with small rope! In this time, we had no time to do something so we went to dinner. After dinner I was in charge in kitchen! We finished at 23.30.

17.07.17 (Monday – Lunedì)

We cleaned the tent in this morning. I finished another document.

19.07.17

I studied Italian and then I continued to draw section. After lunch, we washed dishes. I went to straw house. In there, I separated soils and cleaned the floor.

20.07.17

Drawing section, washing dishes, studying Italian.

21.07.17

Drawing sec. , Studying Italian, washing dishes, straw house, Italian lesson

22.07.17

Drawing sec. , washing dishes, Italian lesson.

23.07.17

Washing dishes, straw house, drawing sec., tour with Valia and Lior.

24.07.17

Day off. We went to Chiavari.

25.07.17

Picking up Nashi, it's kind of pear. I picked up 2 types of pear w/ Andrea, Jack.

