

Erasmus+ Traineeship

Mentor for professional activities: Prof. Guido Stecchi

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

Erasmus Trainee: Dilek Eltemur, Uludağ University – Istanbul (Turkey)

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

Period: from the 1st of December 2016 to the 31st of January 2017

Number of Hours: 374 (Professional activities 125 hours; Job related activities 249)

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of food chain. 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:

1. Pilot project: apple cider vinegar with a bacterial strain developed by the company Ca da Lauv (Anidra operator Daniel Canevari)

The mother culture have been provided by a producer of vinegar who used a mother culture realized by the scientist Walter Iten from microorganism brought in Europe from Marco Polo.

We have started making apple vinegar to see the process with mother culture that was provided from Marco Polo in traditional process. The apples were chosen from the organic farm Anidagri with 3 ancient varieties (cultivar). The proportion depended on their sweetness in order to balance the rate of the sugar. This job highlighted the microbial biodiversity not only of the staple in order to obtain a specific product. I had the chance to follow the entire process. Prof. Guido Stecchi has directed me about the theoretical part of the process.

2. Cheese: Processes, names and contextualization (territory), experiments with different types of rennet (calf / lamb) (Anidra operator Daniel Canevari)

I had laboratory with Daniel making *formaggio* and *ricotta* almost one day a week. Each time we added different herbs, cheese rennet to try their texture and flavor. The most educative part of this laboratory for me was using fresh and local milk to compare the milk texture coming from a village near the Centroanidra and the milk that I studied at university.

Individual research/personal experiment: *ricotta* with curry e paprika. I replayed the recipe of Azienda Agricola Mooretti.

3. Rising bread: bread with different types of flour, the type of flour affects the yeast, the same recipe but comparison, different types of bread (loaf, loaves, etc.) (Anidra operators Jack Moszynski / Michela Alessi)

We made bread with Pasta Madre (Mother culture) which I recognized that way from Turkey at household level. Pasta Madre is Jack's version and he has been feeding it for 8 years. He doesn't need to use any chemical or micro-organic contents to raise bread however it ferments for long time approximately from 4-5 hours.

4. Reading labels: study activities that take place in Italian language (Anidra operators Prof. Guido Stecchi/ Michela Alessi)

I have got a text from Prof. Guido Stecchi that explains how to read labels and what are main ingredients; this based on the Italian and European regulations.

5. Pastry-making: desserts with and without yeast, sponge cake without yeast, use of alternatives to baking powder (Anidra operator Michela Alessi)

I worked with Michela Alessi in the activity of pastry-making; she always researches about the use of alternative ingredients which are more healthy or specific for people with food allergies (e.g. people who suffers from celiac disease), or follow a particular diet: vegetarian, vegan, fruitarian etc. Now I am able to recognize and use some products that I have never seen before or I wasn't familiar with: ghee butter, soya cream, type 0 flour. The knowledge of alternative ways provided me also a gastronomic knowledge about Italian food and its palatability.

6. Making Yogurt: traditional recipe (Anidra operator Daniel Canevari)

I made sweet yogurt in Italian traditional way with vanilla and sugar, they are not used in Turkey traditional yogurt producing; salty yogurt that is mostly consumed in there. Daniel refrigerates the yogurt as soon as adding starter culture that is also the other difference from our process. Individual research/personal experiment: I made the yogurt with my personal recipe.

Transversal Activities (Referee Giovanni Simonelli):

7. Knowledge of the Italian culture through the recipes of the classic Italian pastry: experimentation of traditional recipes in the vegan version, or with different varieties depending on the food allergies (Anidra operator Michela Alessi)

I see that Italian food culture is changing in parallel with the world food understanding and new searching in modern world. The concept of this institution gives an opportunity to people to find the most suitable view for them not just eating also philosophy of life.

8. Outdoor activities: pruning, cleaning and harvesting (Anidra operator Giovanni Simonelli)

I am capable to recognize the plants that are cultivated here and I have basic knowledge of pruning, harvesting and their special necessities to the water, manure etc. Working in the nature is an incredible experience for me to see fruit, vegetable, herbs. Organic cultivation is quite useful for my profession, food engineering, to have an idea about organic farming.

9. Acquisition of key competences of European citizenship

I have met the competence of European citizenship on social area, awareness of environmental issues, and respect for human rights.

10. Learning and practice of the Italian language

I have taken an Italian course in Bologna with A2 level and here I gained an opportunity to do practice in Italian. I communicated with local people and I am able to recognize the differences between the Italian accents. During the last week I had the chance to attend Italian grammar and Italian culture lectures.

11. Individual research

I am always learning something new related with my profession and I need to research basically on internet or book. I also have been researching about apple vinegar from a thesis document in order to manage during the vinegar process.

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

In Centroanidra it was built a commune system according to which everybody has a special responsibility and some daily tasks. I gained cooking skills working in the kitchen; resistance and strength working outside.

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

Prof. Guido Stecchi guided me in the Italian food sector and the theoretical part of food process. Michela Alessi taught me bakery and international kitchen, alternative cooking ways, ingredients for changing food understanding in modern world. I worked with Giovanni Simonelli mostly planting berries, rose's soil management with adding organic manure, increasing the acidity of soil for strawberries. I studied some of those practices at University in Bologna and now I learned how organic farming goes in Italy.

14. The performance of tasks and assignments that can be inserted in the CV

The production process of *formaggio* and *ricotta*, bakery and dairy, vinegar in Italian traditional way can be beneficial for my professional carrier, especially Italian sharing industries and brands in Turkey.

15. Making Soap: (Anidra operator Roberta Repetto)

I saw the first part of the process of homemade organic soap with 95% olive oil and 5% bee wax.

Rota&Jobs (Referee Antonella Tarditi):

16. Corvée: I gained responsibility and awareness about daily tasks. Preparation, service, salt, pepper, oil, sugar, laying table, for lunch; washing dishes and pans; cleaning bathrooms and showers, outdoor cleaning, preparing meals, clearing and setting the table for breakfast

Extra activities: visits to companies and workshops

1. Azienda Agricola Mooretti 18/01/2017 with Giovanni Simonelli
2. Salumificio Ferrari 24/01/2017
3. Azienda Agricola vinicola La Ricolla di Daniele Parma 29/01/2017 with Alessandro Arlati
4. Caseificio Val d'Aveto

KEY COMPETENCES

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

- 1. Communication in mother tongue:** I didn't communicate in my mother tongue but mostly in English and Italian
- 2. Communication in foreign languages:** daily oral practice of the Italian and English language; written practice of the English language writing my traineeship diary; written practice of Italian language during my lectures of Italian culture
- 3. Competences in math, science and technology:** acquisition of skills in the field of biotechnology, exam of the production process with the traditional method, observation of chemical reactions, observation of microbiological activity during the process of production of bakery products, dairy products, and vinegar
- 4. Digital competences:** I used the Word programme to write my essay, and used the main browsers for research
- 5. Learning to learn:** Learning techniques related to my job used for kitchen experiments, for agriculture, and literature
- 6. Interpersonal, intercultural and social competences, civic competence:** I assimilated social competences by attending the training course Shanga, with counseling and psychological support; I had the possibility to communicate in Italian with this group, and to share my accommodation with different people.
- 7. Entrepreneurship:** I contributed to the production of food products which have been sold and given to the customers of Il Mulino Agritourism at Centroanidra.
- 8. Cultural expression:** explanation of the Turkish culture and Turkish kitchen, I also prepared some Turkish meals. Furthermore, I presented the Turkish culture of coffee reading.

Borzonasca, li 3/1/2017



UNIVERSITÀ POPOLARE ANIDRA

THE PRESIDENT

Prof. Vincenzo Paolo Benardinelli

Vincenzo Paolo Benardinelli

THE MENTOR

Prof. Guido Stecchi

Guido Stecchi

THE TRAINEE

Dilek Eltemur

Dilek Eltemur