

Anidra Traineeship

Mentor for professional activities: Ing. Alessandro Arlati, Arch. Valia Galdi

Erasmus Trainee: Nasser Almoustafa, Lebanese University

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

Period: from the 5th of August 2017 to the 6th of September 2017

Number of Hours: 182

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of 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. Alessandro Arlati):

1. Pilot project:

The main project consists of the straw house that is being built. I made a thermal analysis of the building accounting for outside and inside convection via walls whether it was in summer or winter in which strong wind would be a problem. The idea of the straw house is to have very low thermal conductivity so it can stay warm in the winter and cool in summer. As well as that, it is easy to manage and build with straw; not to mention the earth friendliness of the operation. I have some concerns about the flammability of the project but in other aspects the structure shows great advantages and next to no weaknesses given its uses and surroundings.

Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

In addition of the thermal analysis, I also helped in building the straw house, with my mentor Alessandro Arlati. Most of the walls have been built during the time I was helping so I was lucky to pick this month to come. Other outdoor activities include garden work, watering plants, cleaning exterior fridges and helping with arrangements.

3. Acquisition of key competences of European citizenship:

All of the competences were met, especially intercultural competences and communication in foreign languages.

4. Learning and practice of the Italian language:

I have taken Italian lessons with Lidia, Federico, and Giulia; not to mention I was surrounded by Italian natives the whole internship and participated in some conversations. I wish to deepen my knowledge in Italian after the internship is finished.

5. Individual research:

I have pitched my ideas about using water bottles and milk cartons for generating hot water. The idea worked on a small scale and theoretically would work on a real scale. For example, houses in Brazil use this method as it is earth friendly and economical. The idea and small scale experiment is at their hands, whether or not they use it, is up to them.

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

I have been humbled by the soft skills I acquired via cleaning, cutting fruits, helping out with setting the breakfast.

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

Alessandro Arlati and Valia Galdi have discussed and showed me how they build the project alongside how to analyze its aspects and their ideas to improve it. They also talked about future ideas and old achievements which deepened my knowledge.

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

- Construction of a straw house
- Italian language acquisition
- Team work and management

Rota&Jobs (Referee Antonella Tarditi):

Corvée:

Maybe the most humbling of all the tasks, Corvée is done basically every day and everyone has to take part in it. If I had to say that it taught me something, they are patience and team dependency.

Extra activities: visits to companies and workshops:

None were unfortunately given to me.

KEY COMPETENCES

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

1. Communication in mother tongue:

I did not have the privilege to speak in my first language (Arabic).

2. Communication in foreign languages:

I had to speak in my 3rd Language (English) most of the time because I have only started to learn the hosts' language (Italian). I have also communicated in my 2nd Language (French) with some of the people who understood it but not English and as well in my 4th language (German) with a couple who did not understand any of English or French. To add I learned some Italian of course and communicated simple sentences in this language.

3. Competences in math, science and technology:

Since mechanical engineering is my profession, I had to use my knowledge in math, science and technology in my analysis of the project.

4. Digital competences:

Most of my work is based on digital applications. From autocad, inventor, solidworks, catia, to c++, java and Microsoft office.

5. Learning to learn:

Most of the new skills I acquired here were unprecedented, so I would like to see myself as someone who could adapt to new situations.

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

If I could describe my experience in Centroanidra, I would as intercultural. The other interns and volunteers are all from different countries and it was a pleasure to know more about each of them and their homes. To survive here you also need to respect and be respected by all, and learn to live together and work in perfect harmony. It is like a big machine, if not all the pieces work, then it will fail.

7. Entrepreneurship:

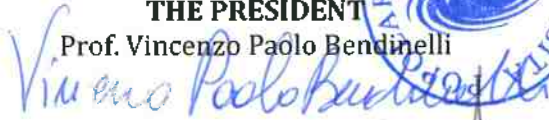
I was assigned to find new ideas for the water system and to improve the straw house.

8. Cultural expression:

I found a lot of similarities between my country and other people's and we were happy to talk about it and even about differences. I taught them a lot about my home and I even made a classic Lebanese dish that everyone enjoyed.

Borzonasca, li 5th September

UNIVERSITÀ POPOLARE ANIDRA
THE PRESIDENT
Prof. Vincenzo Paolo Bendinelli



THE MENTOR
Ing. Alessandro Arlati



THE TRAINEE
Nasser Almoustafa



Attachments:

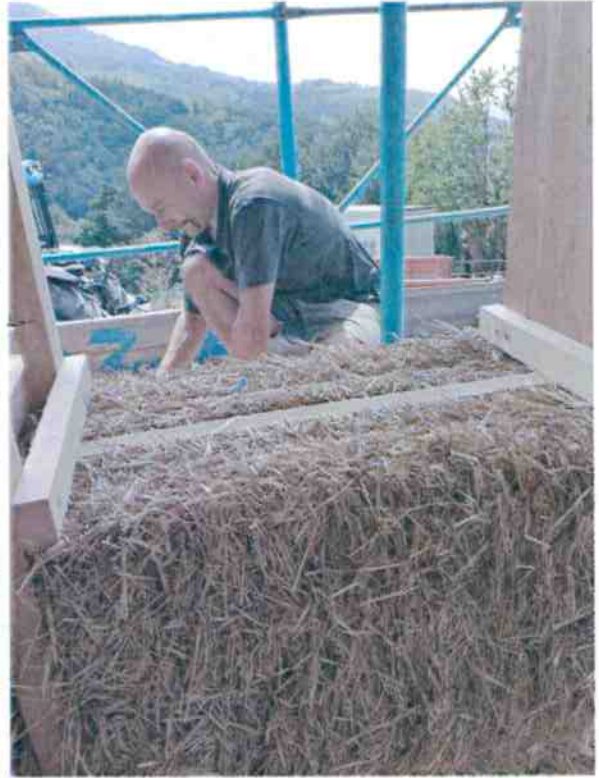
1. Portfolio
2. Certificates of the visits of the companies
3. Anidra evaluation
4. Letter of reference

PORTFOLIO OF WORKSHOPS AND LABS



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PORTFOLIO OF WORKSHOPS AND LABS





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