

## **Anidra Traineeship**

**Mentor for professional activities:** Dott. Lorenzo della Cella, Dott. ssa Paola Dora

**Erasmus Trainee:** Yasemin Erdem, Uskudar University - Istanbul

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

**Period:** from the 1<sup>st</sup> of August 2017 to the 1<sup>th</sup> of October 2017

**Number of Hours:** 400h

## **Training Plan**

### **TARGET**

This training plan has as target the acquisition of technical and professional competences in the field of Psychology. 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 Dott. Lorenzo della Cella, Dott. ssa Paola Dora):**

#### **1. Pilot project:**

**First of all, my first task is developing of an observational model. I was trying to develop the skill to understand the Anidra Method as rehabilitation and psychological therapy. Secondly, internal working model is about first relationship with mother's breast. Our first relationship consist of nutrition. For instance, if baby spend more effort for milk from mother's breast. It decrease his self-confident, attention, self-awareness. If this person doing his job and spend more efforts, he/she will remember this relationship about breast of mother and he/she will feel bad, upset unconsciously.**

### **Transversal Activities (Referee Giovanni Simonelli):**

#### **2. Outdoor activities:**

**I had so many soft skills besides my professional activity. That skills improve my qualifications, and they make me be patient and more open minded. I observed that this skills provide that if you have more ego you can kill your ego day by day and can be more mature.**

**-Corvée -helping kitchen -preparing fruits -cutting fruits -farming -Tai ji -professional activity -having meal -cooking -celebration -cleaning bathroom -cleaning and fixing stuff -preparing breakfast -making bread -service -water plant -learning Italian -researching -hanging out with friends -preparing dishes -cleaning room -preparing bad for guests -picking up vegetables -watering vegetables -growing vegetables -cleaning freidges.**

#### **3. Acquisition of key competences of European citizenship:**

**European citizenship includes having hobbies, having knowledge about theoretical and practical life, being open-minded, doing brain-storming, critical-thinking and being active person.**

#### **4. Learning and practice of the Italian language:**

**Firtsly, I bought some books from Turkey. In my first week I studied Italian from them. Then Federico sometimes teaches some words and I've always listened of people. Furthermore, I tried to communicate with everybody. Furthermore, I usually ask meaning of words to my friends. Some of dinner and lunch time, I talked and studied the language with volunteers. In my third week, Lidia came and she was the best teacher for learning Italian. She taught some grammers rules. Sometimes Giulia encouraged and gave some songs in Italian. She wants me to translate, understand and sing these songs; this was the other way for learning. On the other hand, while I was working for soft skills, I was also learning words which is about the job. It leads to practice in life so it makes learning easy. For example, when I prepared breakfast, I learnt all words about it. Also when I cleaned the rooms and changed sheets. As a result, when I practice with soft skills I improved my Italian easily and fastly.**

**5. Individual research:**

In general, I investigate psychological informations because of my field. For illustrate, I have some aim about psychology methods of Centroanidra. So, I reaserched that 7 essential mirrors and effects of it, cognitive behavioral therapy techniques and internal working models. Moreover, I researched Italian words and grammers.

Also, I tried to understand people with my observation but I did with seven mirrors and internal working models.

Thus, after my responsibilities, I wrote some reports of what I observed, how I felt when I was working with my tutor.

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

-Corvée -helping kitchen -preparing fruits -cutting fruits -farming -Tai ji -professional activity -having meal -cooking -celebration -cleaning bathroom -cleaning and fixing stuff -preparing breakfast -making bread -service -water plant -learning Italian -researching -hanging out with friends -preparing dishes -cleaning room -preparing bad for guests -picking up vegetables -watering vegetables -growing vegetables -cleaning fridges

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

As I emphasized that in my report, our communication was less for me and it makes me lack of information and opportunity but in our meeting I transformed to positive sides according to methodology of Centroanidra. Like that if they have less contact with me I can communicate with them and I can take some task and article.

First of all, when I was doing tutor with Lorenzo, we tried to do multitasking. In every our meeting, when we discussed, our subject also we are walking so it makes us feel relaxed. I learned 7 mirrors and effects of it, internal working model.

Secondly, when we were doing tutor with Dora, this was more active than other. Firstly, we are talking our subject then I am preparing report about issue. It could be reinforcement. It makes me remind our lesson easily.

However, before I came here, my expectations were different and more. So I encountered different schedule but I tried to transform them into opportunity.

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

First of all, I am interested in autistic people, I observed treatment of nature for them. For this reason, I acknowledge important improvements about methodology of Centroanidra.

Furthermore, when I observed people I tried to related with 7 mirrors and internal working model in my observation.

I learned the discipline of soft skills.

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

**Corvée:**

In first time , when I met with corvée, it was neutral for me. But my friends told many bad effects and situations about corvée. After that, when I was doing corvée, I felt sad, uncomfortable and angry. I analyzed that my brain was affected by bad comments about corvée from my friends. Then, I had a break with preparing breakfast services. While I was doing this job, I tried to treat my brain about corvée. When I came back to corvée, I realized that I was happy with my team, dancing, listening to music. I learnt that how I can control myself and improve tolerance to people and job with corvée. In conclusion, it is the best job for improving your patience.

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

I looked after Giulio. He is an autistic child, he's deaf and numb. Therefore, he makes me understand life clearly. He has many opportunity according to 7 mirrors because problem is not problem for methodology of 7 mirrors. He can see world all of spirituality in my opinion. He is case of my field so he was significant experience for me.



## KEY COMPETENCES

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

### 1. Communication in mother tongue:

I had 3 Turkish friends in Centroanidra. They make me accommodate to environment and people easily and fastly with our mother tongue. Communication in mother tongue makes me feel relaxed and comfortable. We were always together, we worked, lived, shared so many things with each other. On the other hand, this situation prevented to improve other languages. Because of the fact that, if there is same nationality and same language, you want more to communicate with them than others. However, despite the all of facts, it supplies so many opportunity for you. Also, this situation blocked to improving my foreign language.

### 2. Communication in foreign languages:

With this situation, you feel that you are improving yourself. Also your brain is improved by speaking and learning foreign language. This process includes also body language. If you have basic level, you are usually using your body language. This is for my Italian language. On the other hand, you can connect with international friends and you can raise your international networks.

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

I state that, Centroanidra is practical university. Also theory and practices are working together. In here everybody is teacher to each other. As I state, soft skills and your professional field are working and affecting from each other. This is the practice science for me. You are discovering yourself and your talents with this. Everybody is available with technology. Nowadays, internet provides so many opportunites for communicating, doing something, creating new areas easily and fastly.

### 4. Digital competences:

Digital competences provide to reach every knowledge for your field or every field. For example, Michela is using internet, computer and phone for making cake. She always tries new recipes and improving her field with new cultures and new tastes. Everybody is using phone and computer via internet to improve and create new things, and if you share that what you are doing in social media, you also create your social network and you can have social society.

### 5. Learning to learn:

In Centroanidra, you are learning real life and your weakness and strengths. So you try to treat your sides. And you are learning yourself awareness. It involves the knowledge of your inner prefences, resources and insights. The most important information is that you are trying to learn yourself with practices. Furthermore, you improve your personal competence. It determines how we control ourselves. Consequences, you are starting to live with diversity awareness.

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

First of all, interpersonal, intercultural social and civic competence are that I have always good relationship and friendship with people because of my personality. Respect is the significant value for me so, I usually respect people and they return to me respectfully. In international friendship you can have many opportunities. For illustrate, in some international programs, you have short term, it

makes you be close friend with each other. Also you can meet another culture with them. This short time includes that you spend time together so much, you begin to be family, team, co-workers. You are also starting to expand your international network and language. Furthermore, Centroanidra leads the immersion with multi-cultural and multi-vocational environment.

However, you can led to an alternative way of validation, integration capabilities, daily emotions and acquisition. Therefore, you improve your self esteem, self awareness, self-control and motivation. Social competence; it determines how we manage the relationship with other people so that means empathy and social skills.

On the other hand, you live and learn intensely in short time. Thus, it improves your civic competence with your surroundings.

## **7. Entrepreneurship:**

Firstly, my first entrepreneurship is fortune telling from rest of Turkish coffee. I bring Turkish coffee and I made all of Centroanidra population; also, sometimes for guests and volunteers. After that I started to read their life of past, now and future. This job is enjoyable and it includes my job skills. Observation makes your communication easy because when you observe people you can learn their life, weakness and strengths. Also this job includes some energy and spiritual sides for me.

Second one is that I made hairs of everyone. Name of this braid, in Italian is "treccia di capelli". Thus, when do these job you also can improve your language.

## **8. Cultural expression:**

Cultural expression includes food, time, wheather, coffee, dance, relationship between people, clothes, their fashion skills, celebrations, values, jobs, approaching to people, home, rules, stuffs, language, colors and behaviors for my view. For example, in Italian culture they really care about their meal but the important point is being together. If I compare with Turkish culture we have same value but there are some different life in Istanbul. For instance, I am living with my family in Istanbul, and every member of family have different schedule in their life so we are eating different times for every meal separately.

Furthermore, Italian culture has romantic and peaceful life. They care about celebration, dance, love and nutrition. We also have some values but they are more than us.

After meal they always drink coffee; by the way, I like this situation because I have addiction of coffee. Also Turkish culture have so many several different coffee types, but the most famous one is Turkish coffee. I also bring it to Italy and I made for all of them. Feedback is nice for general population. Because of my interest in being *barista* and they have coffee culture, their feedback is important for me.

On the other hand, I always hear that Italian people is like Turkish people. How? They are also so friendly, leniently and hospitable. I realized that people who live in here but from different culture, while living with them, they are also starting to be friendly. This social psychology and effects are the my favorite observation.

Borzonasca, lì \_\_\_\_\_

**UNIVERSITÀ POPOLARE ANIDRA**  
**THE PRESIDENT**  
Prof. Vincenzo Paolo Bendinelli

**THE MENTOR**  
Dott. Lorenzo della Cella

**THE MENTOR**  
Dott. Ssa Paola Dora



ANIDRÀ  
Università Popolare

**THE TRAINEE**  
Yasemin Erdem



**Attachments:**

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

## **PORTFOLIO OF WORKSHOPS AND LABS**

## Diary of Centroanidra's Acquisition

### 1/8/2017 Martedì

The first day of my journey started with many adventures. While I try to come Centroanidra, I lived many difficult situation because of the fact that I have not any Italian number and also Italian language. But I could come with many serendipities. The most significant one is that while coming from Chiavari to Borzanasca I did not meet any people who know the English but in Borzanasca's bus I met my angel. She understood my situation and came to me. I explained my situation to her and she called to Giulia and my second angel who is Antonella came to pick me up to university. Also, I have big telepaty with her. When I called her from inside I always met her at somewhere. We are still keeping touch with each other. I came to Centroanidra and met everyone who is my Italian family and had dinner together. I slept and I was happy for arriving here.

The first day was like reflection of my duration of internship in Centroanidra.

### 2/8/2017 Mercoledì

Orienteering with Giulia

*Rigoverno*- washing dishes

*Esterni* – picking *fagolini* up

*Annaffiatura* – watering plants

### 3/8/2017 Giovedì

*Lavori Esterni*- work at outside

Professional

Watering plants

*Corvée*- washing dishes

### 4/8/2017 Venerdì

*Corvée*-washing dishes

Professional

Helping Kitchen

### 5/8/2017 Sabato

Professional with Lorenzo

Helping kitchen

Professional

Watering plants

*Corvée*

I woke up at 8 a.m. We had a breakfast together and I had *corvée* between 10-12. I missed the salty breakfast. I met Lorenzo after that we tutor together about 5<sup>th</sup> mirror. It is about first relationship with mother. When baby was born, she/he needs to live with mother. First relationship is breast because of nutrition and emotional nutrition. So when she or he starts to live some relationship with friends, boyfriend and girlfriend, teacher, it makes a big problem about 5<sup>th</sup> mirror. Thus, people should improve relationships with each person differently. It influences all relationship between people. We had lesson with multi-tasking. When we were talking about subjects of mirrors also we were walking. It was beneficial for me. Then we had lunch 13 p.m. we ate pasta like everyday. I am feeling that I am getting weight. I studied Italian and wrote diary about day also talked each friends, sung a song. After that I turned back to tent. I prepared Jazz for dinner. I made make up for her. And this made me happy because I know that when I do something for someone, I feel real happiness.

### **6/8/2017 Domenica**

Professional  
Professional with Lorenzo  
Watering plants  
Corvée

We had a breakfast. People adopted each other fastly. Nasser came yesterday and here is like home. They make a sense like family. They are sharing so many sensations with each others. People try to self actualize with these feeling by themselves. I studied Italian and also completed some of my documents. Then I had a tutor with Lorenzo.

We walked and talked about 6<sup>th</sup> and 7<sup>th</sup> mirrors and their relation with internal working models. Those subjects always lead to create new question. We watched some videos about these subjects. Furthermore, we discussed their impacts on relationships of people. 6<sup>th</sup> one is spiritualism. When you pass the 7<sup>th</sup> mirror you can see all of earth all the bleakness. They emphasies that you should be objective while you observing people.

### **7/8/2017 Lunedì**

Professional  
Corvée  
Watering plants  
Making *Manti*

We woke up around 8.30. We were late for breakfast. My priority is changing for here because the breakfast is important meal for energy of all day. Then I had professional by myself. I wrote some observation about here and people. I investigated some subjects about our starting points like mentalization. Also there was some meeting about their financial subjects or building. I was just observed their behaviours because I tried to understand them from their body language. After meeting we made *Manti*, it was so enjoyable and valuable because we introduced our traditional food. Thus, they liked it. ☺

### **8/8/2017 Martedì**

**OFF**

### **9/8/2017 Mercoledì**

Professional by myself  
Corvée  
Farming  
Helping kitchen

I woke up around 8 and had a breakfast. Then I was starting to professional by myself, I studied some Italian words, watched Internal working models and read Turkish but it was about psychology. "Feeling Good" Dr. David Burns. I went to sleep like 2 hours and I woke up 13 p.m. for corvée. I felt that something is wrong, lack of feeling. When I returned to lunch, but it was not ready for eating. I worked half an hour and I started to lunch. After lunch, I kept going corvée. I felt interesting like bad during corvée. We drunk coffee with Jazz, Elif and Ayça. Then I did fortunetelling within the day. Sometimes I was feeling so good because energy of nature, but sometimes I was feeling negative vibes because of that these activities are not enough for my professional and here. We are starting to day from 7.30 or 8 so day is long for us but there is some lack of some feeling and material. In every situation, Ideas creating feelings. Also your feelings depend on hat do you think. He/she is the person who thinks from

inside" from Bible. For here, I gained many new behaviours. I am not addicted to coffee anymore also I have not insomnia anymore. That is beneficial for my health. I am thinking new project people about people who are living in here. They are taking their power from energy of nature, also it will be motivation for them. I had farming with Luigi and Sofia. I learnt how I can plant some vegetables. I talked with Sofia. Sofia is an introverted person. But if you have a conversation with her, you can learn many information about her. When I finished the farming, I stopped next to the girls. We did little bit conversation with them. Then I started to work with Alain. He has some principles and rules but he is so kind. Then we had dinner together after that we had fun with Elif and Nasser. I read fortunetelling and taught some bad words to Nasser and we had fun with his pronunciation. We went to sleep together.

### **10/8/2017 Giovedì**

Professional

Farming (painting some stuffs, cutting some beans)

Watering plants

Corvée

Elif and I woke up late, we missed almost breakfast. We had some. I slept well and it is opportunity for my day. I checked my diary and I wrote some activities about daily and I read book about BDT. I painted some stuff after that I washed some dishes and prepared some vegetables. When we did it, it made me happy. I watered plant and studied Italian little bit. We had dinner and corvee. This dinner was so romantic. Ayça and I sung a song and drunk 7 glass wine. Corvee was crowded and enjoyable. Then I was a little bit drunk I could touch the dogs, it was amazing sensations for me. At the end of the corvee, it happened some bad situations. Ayça was not responsible for corvee but we were together in corvee so she wanted to stay with us, we finished our job fastly and early. And Dennis was manager of corvee, when he saw Ayça, he annoyed her and broke her heart so much. I felt upset and we defended Ayça because she helped us. So he understood his mistake and went to spoke with her. I cried also because this situation reminded some emotional things to me.

### **11/8/2017 Venerdì**

Helping Kitchen

Professional

Corvée

Preparing Fruits

After breakfast, I had job about kitchen. I prepared salad and some fruits for guests for 3 hours. When I was in kitchen I felt that people who were working kitchen are looking like closed to me. Thus, when you spend time with someone in some area, you started to know each other, it makes you feel comfortable. Then I made Turkish coffee for all of us like a team, we spent time together. I read some fortune telling. Matteo told his life, he has really difficult life conditions. When I looked at him, I can see strong man against to life according to his bad life.

### **12/8/2017 Sabato**

Helping kitchen

Professional with Dora

Preparing fruits

I cut and prepared fruits successfully so Michela liked my job and she praised me, it was a motivation for me. Also she offered cooking to me and it was prouiding for myself. I had with Dora after tutor I wrote report about our lesson then I realized that I gained my fobia about cats little bit. Because we have 6 small cats and I touch them so I was proud of myself. I was feeling amazing.

**13/8/2017 Domenica**

**OFF**

**14/8/2017 Lunedì**

Tutor with Dora

Cutting Fruits

Professional

Helping Rita For Breakfast

I woke up early for Tai Ji at 7 a.m. and we went all together. It was wonderful. I felt so much intense energy so when I did movements of Tai Ji I felt comfortable and self control

**15/8/2017 Martedì**

Preparing Breakfast

Professional

Helping Rita

**16/8/2017 Mercoledì**

*Colazione*

Professional

Watering plants

Helping Rita

I woke up early to help Rita for breakfast. It was easy because we studied Italian words with Rita. But Rita wants to make all of work from me. It is not nice. If it is team working, we should complete our job with together. Servicing is always making me feel pretty good because it has communication with guests.

**17/8/2017 Giovedì**

*Colazione*

Professional

Learning Italian

Helping Rita

We went *cascata* together. Then, we had Italian lesson with Lidia like 1 hour. It was very useful and having fun. After dinner, Ayça and I sung a song and helped preparing breakfast and played game together. It was so enjoyable

**18/8/2017 Venerdì**

Preparing Breakfast

Professional

Learning Italian with Lidia

Helping Rita

I completed my Profil Pass and wrote diary.



**19/8/2017 Sabato**

*Colazione*

Professional

Learning Italian

**20/8/2017 Domenica**

*Corvée*

Professional

Learning Italian

**21/8/2017 Lunedì**

Professional

*Corvée*

Transformation (cutting Fruits)

**22/8/2017 Martedì**

**OFF**

**23/8/2017 Mercoledì**

*Colazione* (Preparing Breakfast, cleaned *sala*, collecting dishes)

Professional

Cleaning Tent

Helping Rita

For here, we have not lunch and dinner meal right in our off day, and today my friends wanted to share their meal with me. This make me feel like refugee. It was bad situation for people and 2 meals does not lead to lost many things but it makes people feel disappointment and miserable. We are already outside in our off day but somedays we can want to stay here so if volunteers have this opportunity, we have to have these rights because we are already paying our payment.

**24/8/2017 Giovedì**

Preparing Breakfast, cleaning *sala*, collecting dishes

*Corvée* (head of *corvée* =Yasemin Erdem)

Professional

Helping Rita

Today I was responsible of *Corvée* so we did very great job together. I have leader personality so when I have like this situation, it makes me feel powerful and satisfaction.

**25/8/2017 Venerdì**

Preparing Breakfast, cleaning *sala*, collecting dishes

*Bagni* (cleaing Bathroom)

Professional

*Corvée*

**26/8/2017 Sabato**

Cutting fruits  
Professional with Dora  
Corvée

**27/8/2017 Domenica**

Professional with Dora and Lorenzo  
Helping Giulia (carring on staffs from wedding area)  
Cleaning Tent  
Cleaning Dishes  
Corvée  
Professional

**28/8/2017 Lunedì**

**OFF**

**29/8/2017 Martedì**

Cleaning Tent  
Cleaning Bathroom  
Corvée  
Professional  
Water plant

In the morning we had breakfast then Jazz and I started to clean big tent and bathroom. We were fast and our job finished early. I started to write my final essay. I collect some key words for my essay.

**30/8/2017 Mercoledì**

Cleaning Bungalows and changing sheets  
Professional  
Watering Plants  
*Piatti* (Cleaning Dishes)

**31/8/2017 Giovedì**

Corvée  
Professional  
Watering plant  
Helping Luigi (picking up some vegetables, watering vegetables, carrying stuffs on to upside)

After breakfast, I worked with Luigi. I picked up some vegetables, then carried them on magazine, calculated their kilograms and I went to water vegetables. Working with Luigi, I felt comfortable and relaxed with him. He is always kind and respectful.

**1/9/2017 Venerdì**

Professional (watching videos about 7 mirrors)  
Corvée  
Helping Rita about breakfast

**2/9/2017 Sabato**

Preparing breakfast  
Corvée of Breakfast  
Professional  
Helping Rita

**3/9/2017 Domenica**

Preparing Breakfast  
Corvée of Breakfast  
Professional

**4/9/2017 Lunedì**

**OFF**

**5/9/2017 Martedì**

Professional  
Cleaning Tents and Collecting sheets and quilts  
Service (a party for friends)

**6/9/2017 Mercoledì**

Professional(searching and reading book)  
Collecting stuffs for raining  
Professional (writing essay)  
Cutting Fruits  
Corvée

**7/9/2017 Giovedì**

Professional  
Picking up fagolini  
Water plant  
Corvée

**8/9/2017 Venerdì**

Making Bread with Jack  
Professional (writing essay)(cleaning living room)  
Corvée  
*Transformazione*(cutting Fruits)

I reached one of my dream, and I accomplished the making bread with Jack. It was joyful and creative for me. I wanted to learn from Jack. Also I appreciated for Jack because he provided this opportunity for me.

**9/9/2017 Sabato**

Carrying stuffs from white fridge to green fridge(helping Giulia)  
Looking after Giulio  
Corvée  
Professional

I discover that Giulio's insight from his laughing. He has many opportunity for 7 mirrors. He could not speak, hear and he is autistic but he is the most powerful person who I have met in my life. He is inspiration for me. He has unbelievable balance. He always choose dangerous way but he can keep balance when he is walking or running.

### **10/9/2017 Domenica**

Cleaning Tent

Picking pere with Jack like 97 kg

Professional (writing essay)

Corvée

### **11/9/2017 Lunedì**

Professional (essay )

Cleaning Bathroom

Cutting fruits

Corvée

### **12/9/2017 Martedì**

Cutting Fruits

Corvée

Professional (reading book)

Studying Italian

### **13/9/2017 Mercoledì**

**OFF**

### **14/9/2017 Giovedì**

Cutting Fruits

Cleaning Bathroom

Corvée

Professional (searching and analyzing 7 mirrors)

### **15/9/2017 Venerdì**

Cleaning tent, bathroom and living room

Corvée

Professional (writing something about my diary and reading book)

Studying Italian

Today, Paolo came back to Anidra. And it was like celebrating for us. I analyzed that everyone is happy and energetic because of that he is like a father of them and Anidra. Everyone misses him so much and it was like opening flowers. My father is coordinator for shopping centre for every city and when he leaves us we feel miss and lack of him. I related this situation with today's situation. I feel like that I am reunited with my father.

### **16/9/2017 Sabato**

Cleaning Fridge and carrying stuffs

Professional with Lorenzo (internal working models)

Professional by myself

Piatti (cleaning dishes)

**17/9/2017 Domenica**

Meeting with Dora, Lorenzo, Giulia  
Professional with Dora  
Cleaning Kitchen  
Corvée

**18/9/2017 Lunedì**

**OFF**

**19/9/2017 Martedì**

Professional

**20/9/2017 Mercoledì**

Professional  
Studying Italian  
Cutting fruits and vegetables  
Corvée

**21/9/2017 Giovedì**

Professional  
Studying Italian  
Corvée

Nowadays, I am observing myself; what I have with this 2 months and how it influences me. After a while I can observed that I know my weakness and strengths clearly. Also I am aware of my reflection about soft skills. I prefer to work instead of leisure time. But I realized that sometimes I try to hide because of that my mind could not accept soft skills are like my internship. Also, I realized the same situation for some peoples. They are choosing safe area for hiding. Thus, I can say that it is kind of defense mechanism for our brain.

However, we had free time then we decided that we can go the lake with Matteo who is working in kitchen. But he does not want to been known this situation by responsible people. Because he said that it could be problem for his job. But I do not support this type of situations. Then when we are going I felt like that we are doing some prohibited issue. Because for riding in the car we used the other way. On the way, we saw Valentina and it make him stress. Our return time he reflected his stress and sadness to us. This make me angry and upset. Because we do not do any mistake. We are friends and we could do whatever we want in my fairness. I observed his anxiety and it makes me restless. I do not know the reasons of this situation maybe I need information about this situation and I can decide what should I think.

**22/9/2017 Venerdì**

Professional  
Corvée

**23/9/2017 Sabato**

Professional  
Corvée  
Helping Anto about wedding

**24/9/2017 Domenica**

Professional  
Cleaning bathroom  
Corvée  
Corvée

**25/9/2017 Lunedì**

Helping Giulia about carrying stuffs on  
Professional  
Corvée

**26/9/2017 Martedì**

Off

**27/9/2017 Mercoledì**

Carry stuffs  
Cleaning rooms  
Corvée  
Professionals

**28/9/2017 Giovedì**

**Helping Michi about cutting fruits**  
**Corvée**  
**Helping Michi**  
**Professional**

**29/9/2017 Venerdì**

*Trasformazione*  
Cleaning bathroom  
Professional  
Cooking

**30/9/2017 Sabato**

**1/10/2017 Domenica**



## REPORTS

Yasemin Erdem

12/8/17

In duration of our tutor we discuss about maternal principle, differences between feelings emotions. I told about my expectations and feelings, so I had different expectations about here for my academic improvements. So I encountered practical university, so I had little bit disappointment. It influences my feelings and behaviors against to people and jobs. Also I had many ideas about some job from my friends and I am not aware of this point but with mind and opinion are affected by their feelings and ideas. In example , my friends have bad feelings and opinion about corvée so I had not about corvée but when I started to hear bad things about corvée I was influenced from them and I discovered my feelings in corvée. I am not good when I am doing corvée so I started to create mechanism in my mind. When I and my friends do same job, I like my job but my friend do not like same job so when I saw the situation, I am starting to think I have some problem why I am liking this job. Thus, It influences all of my life. And I am starting to change my point of view. Furthermore, feelings and emotions are not same things. Emotions are boss from our childhood but feelings are always changeable.

17/08/2017

### REPORT OF PREPARING BREAKFAST

Firstly, it improves my patience, because we're always learning soft skills with team. But when I started this skill, Rita always helped and showed everything to me but after first day I knew everything. Then she started to wait every job from me. It is not complaining just observe. So if we want to finish job early and together we have equal job and conditions. I emphasize that when somebody know that if person who help to work know the job, person who is responsible for him/her feel comfortable and start to give more responsible to her or him. So, if someone have worker who knows his responsible, so leader can be relaxed. Helping to service is always wanted by me. So when I did this job I felt self confident and lucky. When I communicated with guests I felt better while I was doing my job. If I give feedback about Rita, I can say that she is kind and thankful. Because she has little bit english but understanding each other she tried to learn english with me so I tried to improve my italian also. If somebody care about you when you are working together, it can make you feel happy.

26/08/2017

### REPORT OF BRAIN STORMING

Firstly, team working and co-workers are the best part for here. It makes people being like family and respectful to each other. If people understand job clearly from team working. Sometimes, in some works; people just explain what should you do and waiting doing this job from you without helping. It is not good for team working.

### POSITIVE SIDES

You can learn: -being patient, -being team -being family when you have a meal or being together. - Real life ; farming, preparing meal and so on. -controlling your mind; duration of corvée. -being more social -observing people and yourself while you are working -helping people -to discover your areas of interest -improving your tolerance because people sometimes can be angry and stressful do they can reflect their feelings to you or Each other and it can affect your mood and day.

TRAINING PLAN YASEMIN ERDEM A.A. 2017/2018



## NEGATIVE SIDES

ANIDRA  
Università Popolare

You can meet: -unexpected things about your professional and soft skills. For example, when I came here I expected different types of professional and soft skills -disconnected about professional with your tutors -lack(missing) of your professional supporting.

Question of Dora \*In which way can you it is possible to transform this 3 negative points to 3 positive learning?

0. unexpected things about professional and soft skills; some of soft skills are not field of my professional because I need people and sometimes I am working alone so I can work with somebody. In this case, I can improve my relationships with others and observing skills. 0. Disconnected about professionals with tutors; if they do not connect with me and do not give some task, I can communicate with my tutors and I can want some tasks from them. 0. Lacking of your professional supporting; I can give a Feedback to my tutors and they can give some articles and document about our subjects.

Yasemin Erdem

17.9.17

### Report of Questions

1-what do you think about your autonomy during this period in Centroanidra?

-First of all, I tried to learn everything about my professionals, all of soft skills. In our country, we can use "school of life" when people living the real life like that when they start to work from 12 age instead of school and when they get many experience from life and work, after this life condition, in their adult term, they are saying we studied and graduated from school of life. As a result, I can say that I studied and graduated from school of life. This term means Anidra University. And in my school of life, I learnt that I can be more patient against more work, more negative vibes and so on. However, I learnt self control and self awareness.

2-What do you think and feel about emotions and relations during this experience in Centroanidra?

-In my first time, I feel that I sometimes lost myself with my disappointment. I adopted quickly because of my personality. I am extroverted person so I can adopt the people and situations fastly and this is opportunity for me. Maybe my expectations was different so sometimes I feel like losing myself and my energy but like every time I treat this situation and I tried to be happy. My priority is respect –without judge-, fairness and happiness so when I reflect this priorities they returned like me. It makes me happy.

3-What do you think about the 3 anidra's psychologist and Counselors?'Paolo, Dora and Lorenzo'

-First of all, I wanna start with Paolo. I have always questions about everything so when I asked and taking answers, it makes me satisfied. Also this situation provided creates new questions for me. I appreciate the all of answers for Paolo. It is a pleasure and satisfied.

Secondly, Dora has professional approach and this situation is good opportunity for my internship. –she is more professional than Lorenzo for example she use some documents and questions- And she always tries to support me with some task. Sometimes we can misunderstand each other but it is not a big deal between us as a result we did our professional clearly.

Third of all, Lorenzo prefers doing our professionals with multitasking. Like that when we were discussing at the same time we were walking. This practical learning is the best memory for me about him. We generally find to example from my experience for Anidra's methodology.

Finally, Anto like a reference was problem solver for every conditions. And I like to consult to her. And Giulia has really good ambitions and she is good orginazotor so she is motivation for me.

4-What do you know and think about the difference between psychologist and Counselor?

For instance, Counselor is like barber for me, when you have a problem and you are going to coiffeur, they can be really good listener and give some advice from their experience so they can make you feel relaxed, because you explained and tell all of troubles and you are discharge. And counselor is doing this job like their personality.

However, the psychologist approach to you with science and they can provide to face facts and you can know your matter then you can transform your problém to your opportunity.

5-After this experience in Centroanidra, what is the difference in your job if you open your office like psychologist tomorrow morning?

After this experience, I almost tried what I want like that I dreamed I wanna learn cutting skills and also service to people. Because I like communicate with people face to face also I like to give service. So I realized my dreams. I worked in many sector in my life. And I always gained many experience and opportunity for improving myself. After every job and experience I just add some new inspirations, so I had dream about my job. I wanna open one coffee shop and I wanna be *barista* then when I understand people after little bit conversation and observation I wanna serve my coffee about their soul. And I will use my Anidra skills here.

**DIARY OF MY PHOTOS**



**EVERYTHING STARTED WITH BORZONASCA**

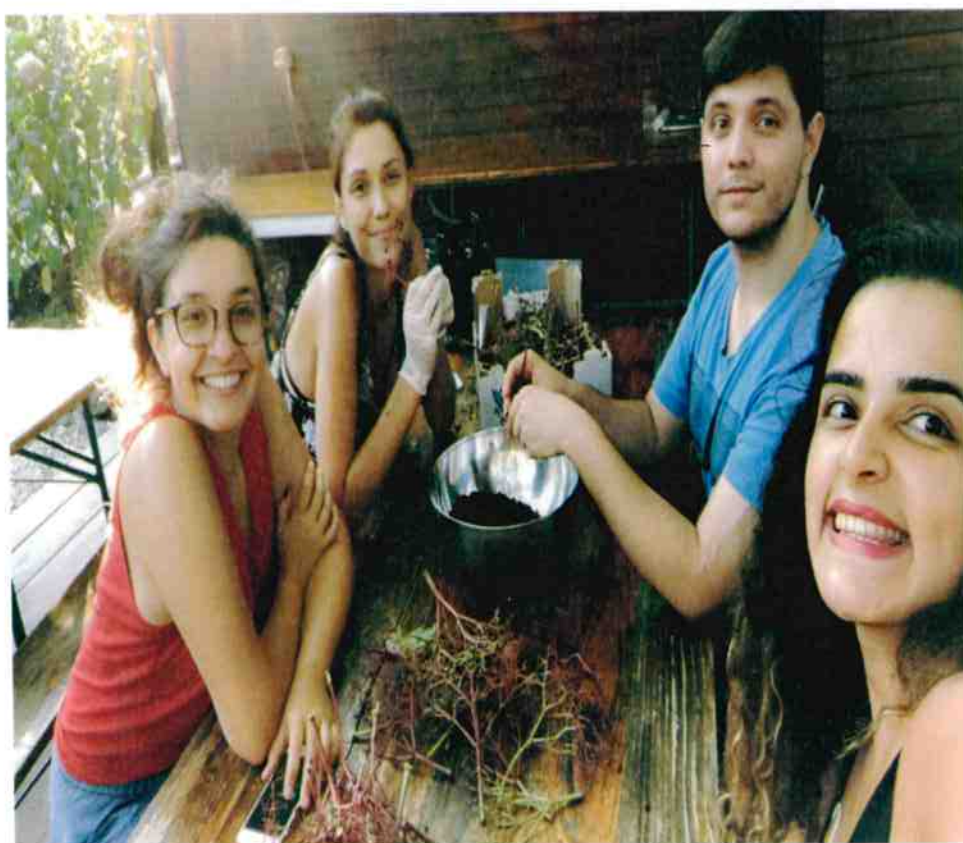


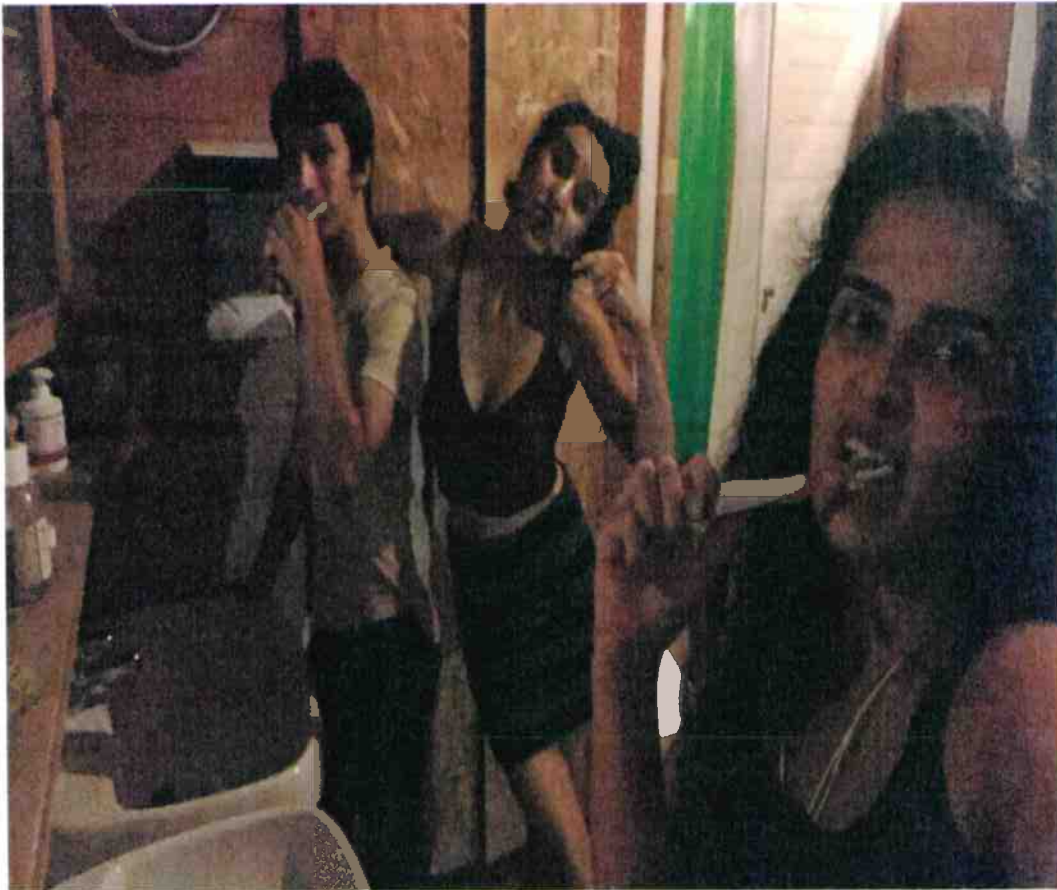












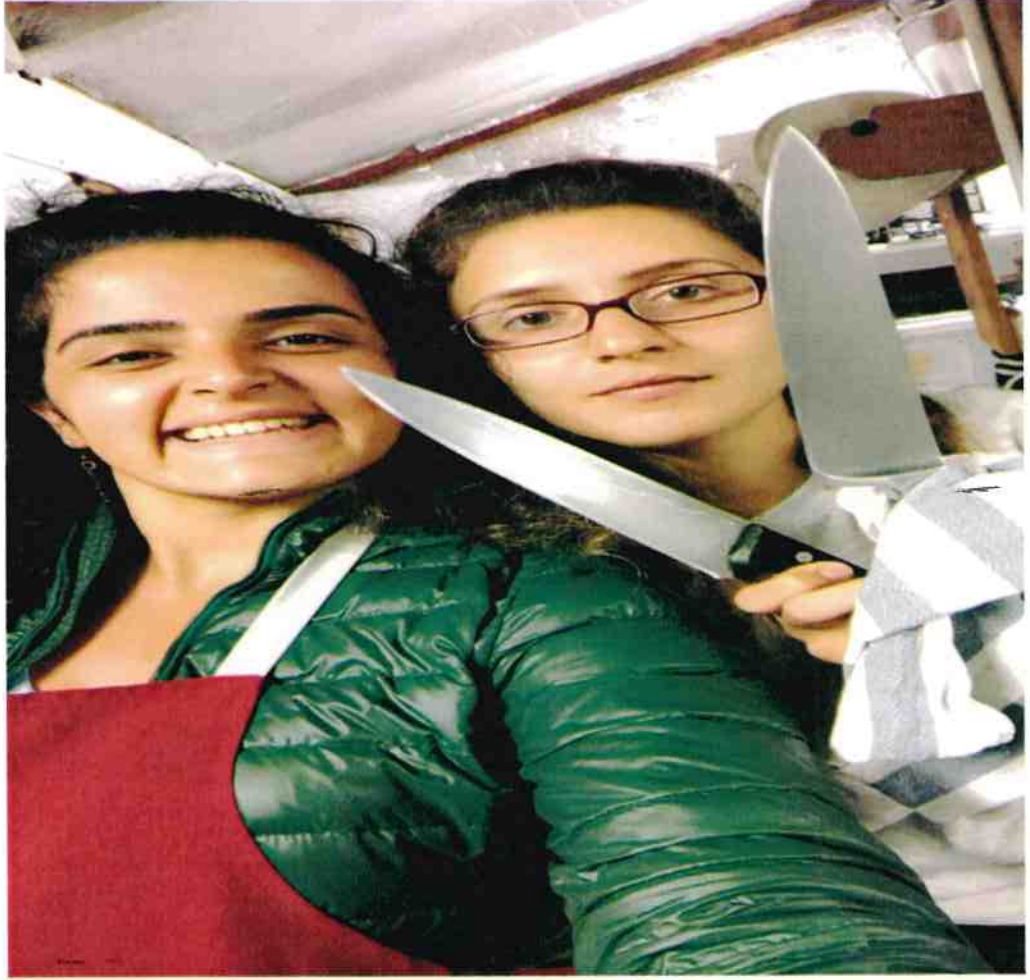
















**I GAINED MY HUGE FOBBIA OF CATS**



