



BRAINUP  
[lab]



**In the framework of the Erasmus+  
KA1 Mobility project for school staff**

**16/10/2017 – 20/10/2017**

**2017-1-SE01-KA101-034474**



**Associazione Artistica Culturale "A Rocca" – C.F. 90013330833**

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The team of **Associazione Art. Cult. "A Rocca"** and **Eprojectconsult** International department took a role of intermediary partner for a group of people from **Östersund, Sweden** in the frame of Erasmus+ programme. During the project **2017-1-SE01-KA101-034474** we hosted **3** selected participants. The participants had an opportunity to complete a training in the field of **Teaching Methodologies**. The training was consisted of seminars and workshops led by Andreia Bessa, a trainer from Portugal.

## Duration, Dates, Participants

Duration of the training was 5 days, from **16/10/2017– 20/10/2017**.

### Names of participants:

Patric Alm

David Pinot

Daniel Persson

## Preparation of the mobility project

In order to make cooperation between both organizations effective, guarantee the best quality of the project and to satisfy the participants' expectations and needs, we have designed the program of the project together. We have exchanged our contact details in order to discuss aims of the project, develop a plan of activities and to clarify any doubts.

## Arrival of the participants

The participants arrived on **15<sup>th</sup>** at the airport of **Catania**.

**The day after** their arrival they had an informative welcome meeting designed to give the participants useful information about their stay in Sicily. Firstly, they had an introduction to the program in



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general. Participants were acquainted with a concept of organization and its activities as well as obligations and tasks in which they will be involved during the project.

Afterwards, they were provided with a plan of the city and other essential location details of **Barcellona P.G.** and cities around.

The next informative session was dedicated to cultural aspects of their life in Sicily: work style in Italy, rules to follow, behaviour and further information was given to the participants. The “Help me” card with useful

numbers and phrases in Italian as well as a leaflet with all the useful information they might need (address, rules, tips, etc.) during their stay was provided.



## Accommodation of the participants

The participants during their training were based in **Barcellona Pozzo di Gotto**. They were accommodated in **George hotel**.

Barcellona P.G is a city located on the north coast of Sicily. It belongs to the province of Messina. The city has a population of over 45,000 inhabitants. It is strategic location surrounded by many wonderful cities: Messina in 45 km; Palermo - 180 km; Catania - 180 km; Taormina - 80 km; Agrigento - 200 km; Aeolian Islands - 20 km.

Barcellona P.G. is a very nice city, which is quite close to the seaside and has an access to many beautiful places as natural parks, ancient villages and Greek/Roman historical areas.

It also can very busy during the day, however, calm during the night time.

Moreover, interesting events like musical concerts, art exhibitions and other culture involved entertainments are quite often here.

## TRAINING PROGRAM DETAILS

7 Days Schedule	
15th October	<b><u>Arrival Day</u></b>
16th October	<b><u>Welcome Day</u></b> <b>9:30 - 12:30</b> <ul style="list-style-type: none"> <li>• Presentation of the schedule for the upcoming days including information about Italian culture and Erasmus+ and the city.</li> <li>• They will learn about important issues for the region of Sicily, the receiving organizations and their activities.</li> <li>• Getting to know each other, expectations, fears, contributions, local realities, challenges regarding the program</li> </ul> <b>19:30 - 20:30</b> Welcoming “Aperitivo” or happy hour at local venue.
17th October	<b><u>Exploring the education system, challenges and possibilities:</u></b> <ul style="list-style-type: none"> <li>• Sharing &amp; exploring the education systems in our countries (positive aspects, challenges, possibilities)</li> <li>• The different types of education (formal, non-formal and informal) - advantages and disadvantages of each group dynamics introduction + types of activities in non-formal education</li> </ul>
18th October	<b><u>Study visit in a local school</u></b> <b><u>Managing the school environment</u></b> <ul style="list-style-type: none"> <li>• Conflicts and its prevention (conflict styles survey and discussion)</li> <li>• Special case of Bullying (Problem tree analysis)</li> <li>• How to build a creative and innovative learning classroom environment?</li> </ul>
19th October	<b><u>Participatory Theater and finding alternatives</u></b> <ul style="list-style-type: none"> <li>• Introduction to participatory methodologies and theater</li> <li>• Theater of the Oppressed as methodology to work: communication, team building, develop rapport, mediating conflicts and developing alternatives</li> <li>• Forum theater with classroom problems</li> </ul>
20th October	<b><u>Solidification of learning and evaluation</u></b> <ul style="list-style-type: none"> <li>• Open space (to participants that would like to share any specific tool, or we use it to go deepen any topic that the group decided)</li> <li>• Final Evaluation</li> <li>• Delivery of the Certificates of Participation</li> </ul>
21st October	<b><u>Departure Day</u></b>



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## Evaluation of the project

The project's outcome was estimated as excellent. Whole team of "A Rocca" Association and others who were involved in this project truly believe that this experience was useful and inspiring for all participants. Our monitoring team did its best in order to satisfy the expectations of each participant and to ensure the best communication with the sending organization at each stage of the project. In aim to reach this, we organised one day of evaluation meetings with the participant just after the training course.

The participants had a chance not only to obtain professional knowledge, but also to experience a way of working and living in **Sicily**.

Certainly, they have received a lot of useful information about how Sicilian enterprises specialise in **Teaching Methodologies**. Those participants who had a previous experience in this field also could compare all discovered similarities and differences in operating of local and home country enterprises. All participants gained worthy experience and practicable skills through working in a team, cooperation with colleagues and individual tasks.

At the end of the project, all participants received "**A Rocca placement certificate**".

The most important that the participants obtained professionally advantageous experience in their sector with which they will become be competitive in their area of expertise as well as on job market.



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## Conclusion

Our team were always ready to offer help, advice or solve any problem within 24-hour availability whenever the participants would need our assistance.

After accomplishing the training our participants seemed to be fully satisfied with the project. According to their opinions, it was an enjoyable and profitable experience. We hope they found inspiration and got new ideas about how to deal with their future career in their country.

Moreover, participants had the opportunity to explore new horizons and get to know Sicilian culture while meeting many new friends from Italy and from the other parts of the world.

In addition, the participants have established new professional and personal contacts which will help them in the future.

We also are more than pleased that were helpful in facilitating their professional development within this project help. We also hope that we will continue our cooperation with **Sweden** and reach new heights together!



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