

**In the framework of the Erasmus+
KA1 Mobility project for VET learners and staff**

10/04/2017 – 30/04/2017

**‘Kompetencje zawodowe kluczem do sukcesu na
europejskim rynku pracy’**

2016-1-PL01-KA102-024885



Associazione Artistica Culturale “A Rocca” – C.F. 90013330833

Via TCP Arcodaci N°48 – Barcellona Pozzo di Gotto – 98051 – Messina – Sicily – Italy

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The team of the **Associazione Art. Cult. "A Rocca"** and **EProjectconsult** International department took the role of intermediary partner for a group of people from Toruń, Poland, in the frame of Erasmus+ programme. During the project named **"Kompetencje zawodowe kluczem do sukcesu na europejskim rynku pracy"** we hosted **8 selected participants**. The internships took place in various sectors, including photography, cooking, hairdressing and hotel. The participants gained experience in their field of studies and became acquainted with the traditional Italian and Sicilian techniques. The duration of the project was 3 weeks, from **the 10th of April to the 30th of April 2017**.



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Preparation of the mobility project

In order to make the cooperation between both organizations effective, guarantee the best quality project and to satisfy the participant's expectations and needs, we have designed the program of the project together. We have exchanged e-mails in order to discuss the aims of the project, to develop the plan of activities and to clarify any doubts.

Arrival of the participants

The group of participants arrived on the 10th of April at the airport of Catania. The "A Rocca" organization provided the transfer from the airport to the participant's accommodations in Barcellona Pozzo di Gotto town.

On the day following their arrival they had an informative welcome meeting, designed to give the participants useful information they require during their stay in Sicily. Firstly, they had the introduction to the program in general. The tutor informed the trainees about the organization and described the work activities, obligations and tasks they will be involved in during the project. Next, they were provided with the plan of the city and were acquainted with all the hospitalities of Barcellona P.G. and the nearby towns.

The next informative session was dedicated to the cultural aspects of their life in Sicily: the work style in Italy, rules to follow, behaviour and other cultural 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 may need (address, rules, tips, etc.) during their stay was distributed.



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Accommodation of the participants

The Participants were accommodated in **George Hotel** in Barcellona Pozzo di Gotto. Barcellona P.G is located on the north coast of Sicily. It belongs to the Province of Messina. The city proper has a population of over 45,000 inhabitants. The strategic location is surrounded by many wonderful cities: Messina 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 town, located very close to the seaside, very busy during the day and very calm during the night time. Moreover, there are many interesting places to visit, such as natural parks, museums, ancient villages and Greek/Roman historical areas.



The address of the hotel: Via Operai 191, 98051, Barcellona P.G



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ITALIAN LANGUAGE COURSE

During the participants' stay in Sicily we provided them with an Italian language course for elementary level. Their teacher was Anna, she has a great experience working with foreign students. The participants had Italian once a week, and all together they had 12 hours of Italian course. The course provided the students with basic knowledge of the Italian language. The skills acquired during the course were surely useful during their internship in Italy, and credible also after the internship.



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Placement Details

The subject of the placement for the participants was in the field of photography, cooking, hairdressing and in the hotel sector. The interns had the opportunity to learn skills needed for a future professional career in these fields. The internships were located in Barcellona Pozzo di Gotto and Milazzo in the following companies:

Studio Luce di Santino Trifilo

Address: Via del Mare 1, 98051, Barcellona P.G.

Ritratti di Nastasi Carmela

Address: Via Kennedy 17, 98051, Barcellona P.G.

Marius il Ristorante

Address: Via Arcodaci 14/16, 98051, Barcellona P.G.

Masterchef Steak House

Address: Via Ferdinando D'Amico 9, 98051, Barcellona P.G.

Cassisi Hotel

Address: Via Cassisi 5, 98057, Milazzo

La Bussola

Address: Via Bixio 10/11/12, 98057, Milazzo

Carper Diem Parrucchieri

Address: Via Statale S. Antonio 109, 98051, Barcellona P.G.

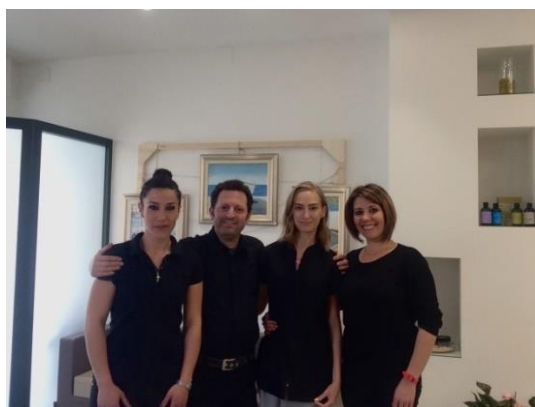
Nino Style

Address: Via Madia 25, 98051, Barcellona P.G.



Skills and professional competences acquired in all sectors:

- Observing, receiving, and otherwise obtaining information from all relevant sources in the field related.
- Establishing and maintaining interpersonal relationships: learning the development of constructive and cooperative working relationships with others.
- Developing specialized Italian language skills.
- Critical Thinking: Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to different problems.
- Understanding the implications of new information for both current and future problem-solving and decision-making.
- Developing social perspectives and being aware of reactions of other co-workers and supervisors.
- Giving full attention to what other people are saying and taking the time to understand the points being made.
- Interacting effectively in an international environment and make use of foreign language skills



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Job duties, skills, and professional competences acquired in hairdressing sector:

- Greeting clients and discussing with them their specific reasons for visiting the salon
- Comprehending each client's individual demands regarding hair and skin problems and attempting to devise good solutions for them
- Advising clients about what they may need in terms of hairstyling and skincare solutions
- Mixing appropriate amounts of hair coloring or bleaching chemicals by following safe practices
- Performing coloring, perming, straightening, cutting, trimming and styling activities
- Shampooing and drying hair before or after treatment, and styling using brushes, hair irons and combs
- Blocking, shaping and trimming wigs and extensions according to each client's specific instructions
- Styling the clients' hair in accordance to the event that they need to attend
- Providing clients with hair treatments such as oiling, masking and mudding
- Advising clients about what skin or hair care treatments they can employ at home to achieve good results
- Providing clients with information on skin and hair problems and advising them of possible solutions or referring them to a cosmetologist
- Taking payments for services rendered and handling light bookkeeping duties

Job duties, skills, and professional competences acquired in the hotel sector:

- Gaining knowledge about professional hospitality and tourism industry terminology and using it in practice.
- Improving communication skills, taking into consideration business etiquette and cultural differences
- Learning to manage effective communication with clients and colleagues.
- Offering high quality customer service
- Improving foreign language skills and learning about multicultural communication.
- Performing various tasks related to the hotel industry



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Job duties, skills, and professional competences acquired in the field of Photography:

- Gaining knowledge about different graphics programs for page layout, videos, albums and learning to use this knowledge in practice.
- Learning about the practical work of graphic designers and photographers.
- Learning to use basic graphic design programs for advertising
- Producing page layouts, promotional materials and screen prints under the supervision of a graphic designer
- Learning about the business aspect of photography and being a part of a professional team.
- Assisting the hosting company in photographing/promoting large scale events and ceremonies.
- Performing various tasks related to photography and graphics

Job duties, skills, and professional competences acquired in the gastronomy sector:

- Understanding and using different service techniques at the working area, also in the presence of guests.
- Understanding table cloth lore and table armchair standards in the restaurant and banquet area. Using simple forms of table decoration.
- Understanding service techniques and the process of guest care.
- Taking orders and advising guests on meal selections. Understanding and handling the sales tools.
- Understanding different culinary cultures and guests with different eating habits.
- Understanding national and international standards of the glass culture and use it in the catering business.
- Gaining knowledge of the organization and execution of small indoor events, from the catering point of view.
- Understanding and using professional dress code and hygiene.



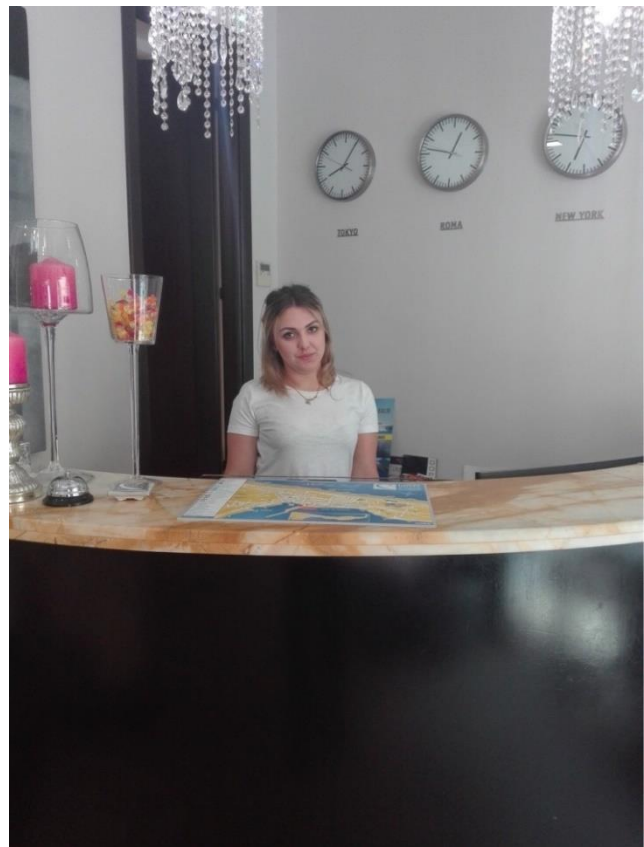
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- Maintaining a safe, hygienic and secure work environment.
- Understanding and executing the process of ordering, delivering and storing goods and materials.
- Understanding the importance of auditing purchasing and sale process in the working unit.
- Performing stock and inventory management.
- Understanding the importance of work preparations and execution of process.
- Understanding and executing preparatory work for effective service.
- Understanding and executing storage for effective work.
- Understanding the importance of effective cooperation with other departments and executing effective cooperation with other departments.
- Recognizing environmental and health protecting standards.
- Recognizing and following health and safety regulations for accident prevention, safety and emergency procedures.



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CULTURAL PROGRAM

Etna and Taormina 16/04/2017

Mount Etna is an active stratovolcano on the east coast of Sicily, in the Province of Catania. It is the tallest active volcano on the European continent and is by far the largest of the three active volcanoes in Italy. Mount Etna is one of the most active volcanoes in the world and is in an almost constant state of activity. The fertile volcanic soils support extensive agriculture, with vineyards and orchards spread across the lower slopes of the mountain and the broad Plain of Catania to the south. Due to its history of recent activity and nearby population, Mount Etna has been designated a Decade Volcano by the United Nations. In June 2013, it was added to the list of UNESCO World Heritage Sites.

Taormina was the next stop on the excursion. As soon as the group arrived in Taormina, they felt the magical, mythical atmosphere that has enchanted visitors from all over the world for years. Settled on a hill of the Monte Tauro, Taormina dominates two grand, sweeping bays below and on the southern side, the top of Mount Etna, often capped with snow, offering to the visitors a breath taking, dramatic and memorable view. Taormina is a medieval village perched alongside the steep terrain jutting out of the ocean. While it has kept its medieval character, it is now a shopper's paradise. Near the top of Taormina Village is a wonderfully preserved Greek Theatre. This pretty much sums up Taormina's charm. There is something for everyone; great shopping, wonderful restaurants, Roman ruins, medieval pedestrian streets and even stairs to a great beach.



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Milazzo 23/04/2017

Milazzo is a substantial town on the coast of north-east Sicily, west of Messina, and best known (and most visited) for its beach and historic village. The centuries have left their mark very clearly on the layout of Milazzo, with the walled city at the top of Milazzo, the "Old Town" of medieval origin at the foot of the hill, and the more modern city at the bottom and along the harbor area. The Old Town includes the fortified citadel and medieval quarters of Milazzo, and contains numerous religious buildings. The lower town is the most recent part of Milazzo, and was built in the 18th century. The center of lower Milazzo revolves around the Piazza Caio Duilio, which is flanked to the west by the Palazzo Marchese Proto and to the east of the "Chiesa del Carmine", with a lintel carved with garlands and a niche with a statue of Our Lady of Consolation".

Aeolian Islands: Panarea & Stromboli 23/04/2017

Situated just a few kilometers off the coast from Milazzo, the **Aeolian islands** are for sure a must-see place in Sicily. The Aeolian Islands are one of 51 UNESCO World Heritage sites in Italy. The islands form a volcanic archipelago in the Tyrrhenian Sea in the north of Milazzo. The group arrived to the Islands with a small cruise ship. The complex consists of eight islands with Vulcano and Stromboli being still active.

Panarea is the second smallest of the eight Aeolian Islands and an inactive volcano. There are currently about 280 residents living on the island year-round; however the population increases dramatically in summer with the influx of tourists. There are no cars on the island, only golf carts and Motorino electric bikes. The island really is picture perfect, amazing nature, beautiful white villages with narrow lanes and a wonderful atmosphere.

Stromboli was the last stop on the tour, it is an active volcano with small eruptions from time to time. These small eruptions are often visible from the surrounding sea, and this has led to the island receiving its nickname "Lighthouse of the Mediterranean". The group visited the island until sunset, then they departed by boat to admire Stromboli exploding by night. Especially the "Sciara del Fuoco" ("Stream of fire") is amazing in the evening, there you can see the active lava flow.



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Palermo & Cefalù 24/04/2017

Palermo is the capital of both the autonomous region of Sicily and the Province of Palermo. The city is noted for its history, culture, architecture and gastronomy, playing an important role throughout much of its existence; it is over 2,700 years old. Palermo is Sicily's cultural, economic and touristic capital. It is a city rich in history, culture, art, music and food. Numerous tourists are attracted to the city for its good Mediterranean weather, its renowned gastronomy and restaurants, its Romanesque, Gothic and Baroque churches, palaces and buildings, and its nightlife and music. Palermo is the main Sicilian industrial and commercial centre: the main industrial sectors include tourism, services, commerce and agriculture.

Cefalù is situated about halfway between Messina and Palermo and is one the best place is Northern Sicily! Turquoise-blue water, architecture, hospitality. Cefalù can be distinctively seen from the distance - the place is marked by the uniquely formed rock. It provides by far the best view to every direction which you can imagine. On the top you can find the ruins of an old castle and monastery as well. You can find every little detail you love about Italian architecture in the center which will spoil your eyes: the narrow streets with hanging drying clothes above your head, the nice little church, the diverse collection of flowers and plants placed everywhere, the lovely little beach in the old town. Of course you can find bars, restaurants and a bigger beach is available as well for the masses of tourists.



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Syracuse & Noto 25/04/2017

Syracuse is a historic city in Sicily, the capital of the province of Syracuse. The city is notable for its rich Greek history, culture, amphitheaters, architecture. Since 2005, the entire city of Syracuse, along with the Necropolis of Pantalica which falls within the province of Syracuse, was listed as a World Heritage Site by UNESCO. After Syracuse the group continued their day to **Noto**, a city and commune in the Province of Syracuse. In 2002, Noto and its church were declared a UNESCO World Heritage Site. Noto is famous for its fine buildings of the early 18th century, considered among the main masterpieces in the Sicilian baroque style. It is a place of many religious buildings; there are several palaces. In this territory there are many wine producers, not big in terms of quantity but great in terms of quality.



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Evaluation of the project

The evaluation of the project is excellent. Employees of the “A Rocca” Association and persons involved in this project hope it was a rich and useful experience for all the participants. The monitoring team did its best in order to satisfy the expectations of each participant and to ensure the communication with the sending organization at each stage of the project. In order to reach this, there were two days of evaluation - one in the middle of the project and the other at the final day.

Participants had a chance to see the way of working in Sicily. Certainly, they had an opportunity to get to know a lot of useful information about the functioning of Sicilian enterprises, which are related their sector. Those participants who had a previous experience in the field of their internship also could compare all the similarities and differences of these related enterprises in Sicily and Poland. All participants gained worthy experience in working in a team, cooperating with colleagues and individually working in accordance with each candidates individual skills.

At the end of the project, participants received **“A Rocca placement certificate”, certificate for the language course and EUROPASS.**

Most importantly the participants gained professionally experience in their sector, and they will now be more competitive in the labour market in Poland.



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Conclusion

Our monitoring team did its best in order to satisfy the expectations of each participant. We were always ready to offer help, advice and solve any doubts with our guaranteed 24-hour availability; in any case they needed some assistance. Consequently, the participants seemed to be satisfied with this project. According to their opinion, it was an interesting and useful experience. We hope they found inspiration and got new ideas about how to deal with their future career in their country. We are satisfied because due to their participation in the programme, the participants have enriched their professional experiences. Moreover, participants had the opportunity to explore new horizons by fully integrating in Sicilian culture and meeting many new friends from Italy and from the other parts of world. In addition, the whole group of participants became good friends, and can still meet after the project and exchange their experiences.

Our team is very satisfied with the participant's involvement in the project and the personal interest of each person involved.



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