



Final Evaluation C4C Itala

DOMANDE

RISPOSTE 20

20 risposte



RIEPILOGO

INDIVIDUALI

Accetta risposte



Chi ha risposto?

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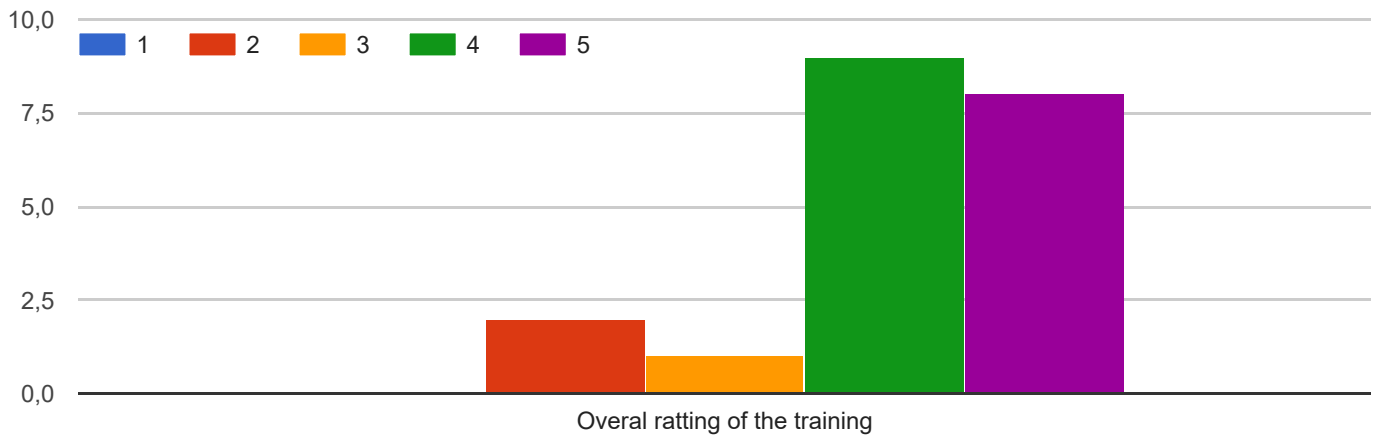
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GENERAL EVALUATION



To what level are you satisfied with the training



Strong points of the training:

20 risposte

TA, NVC

Good methodology, nice participants, interesting topic

How the group connected, how the trainers worked, both together and with us, and the content of the sessions.

Food.People.Good time.Usefull tips and aid ;)

Good and easy way to teach us smth, interedting topics, a lot of group work

very good structure, very well prepared

Preparation of the trainers and unity of the group

Organization, trainers

Openness and positivity of trainers, friendly vibe in group

topics, time management

The programme, the non formal activities, the trainners, the food!

Practical activites, attitude of the trainers and organisers, group

Well organised schedule and time management, friendly and inspiring trainers, good food and good to have snacks on every break, clean bathrooms, outdoor activities and also it was nice to do one day's training at the bar close to where we lived, interesting activities and games, loved the last game in which we were trees and people were complimenting us while we had our eyes closed so we could "grow" - it was a very honest and sweet activity, time of waking up was not too early. All of the people made me feel acceptable and valuable. Amazing experience!

good workshops, good content, good facilitation

Qualified trainers, good timing

Venue, participants, organizer team

Polite and helpful facilitators

A lot of time for practice, great food, amazing people!

Two topics: NVC and Feedback

Variety of activities always related to the core topic. Strong and clear exposition. Strong team (supporters included, not only trainers) as individuals and as teamwork

Points to improve in the training:

20 risposte

Nothing

Accommodation

In the venue it would be nice to have a comfortable common room/space for the free time.

Prepare more materials for example sheet with steps for good feedback, or explanation of AID.

More free times and more active activities

- restrict the working time to 6 hours per day (that means that you should include into 6 hours of work also the reflection time). During any kind of training, participants need some time and space for themselves - and during your training they had not enough opportunity to be on his/her own due to the condensed program and a very limited space in bedrooms.

Possibility of activities during the pauses

Too long talks, it would be better more action

Choosing between more focus on exchange of information or more focus on practicing skills. For me, now it was too much an open-ended exchange of experiences and feelings.

less people in a room or bigger rooms

the facilities (rooms, number of persons per room), wi-fi connection, quantity of food

Accommodation, more practical activities, less theory

I believe it would be better for the team bonding to have more free time, the place where we lived was very far from everything so we didn't have many choices on where to go on our free time, I feel like the training was an introduction to many different subjects and we didn't go deeper in those subjects, not enough quantity of food on lunch and dinner.

transition between segments in the same session, the rest was good.

Deeper insight to each topic (maybe less topics because of that)

More professional topics

Increase reflection and the quality of interactions between participants

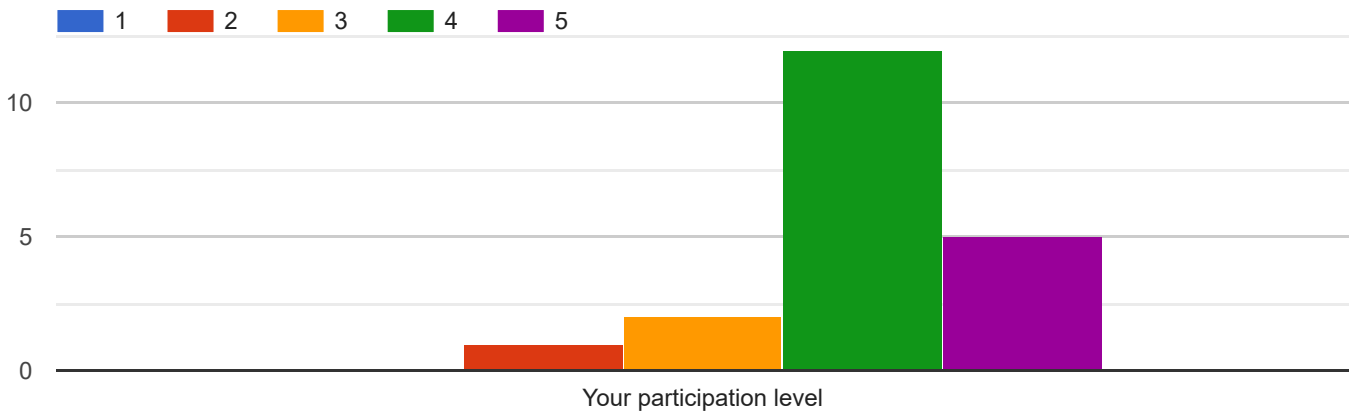
Maybe a little more theoretical parts and some information about erasmus+.

Team buildig and GTKEO.

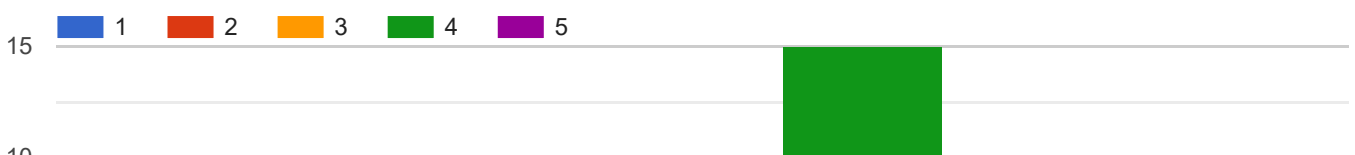
Personally I would like to go deeper in the topics like Public speaking, NVC and Transactional Analysis, but it's personal depending on the needs. For example Media literacy, for me, was not necessary because it requires more time, so instead of having a taste of everything I would have preferred more time on less topics.

PARTICIPATION

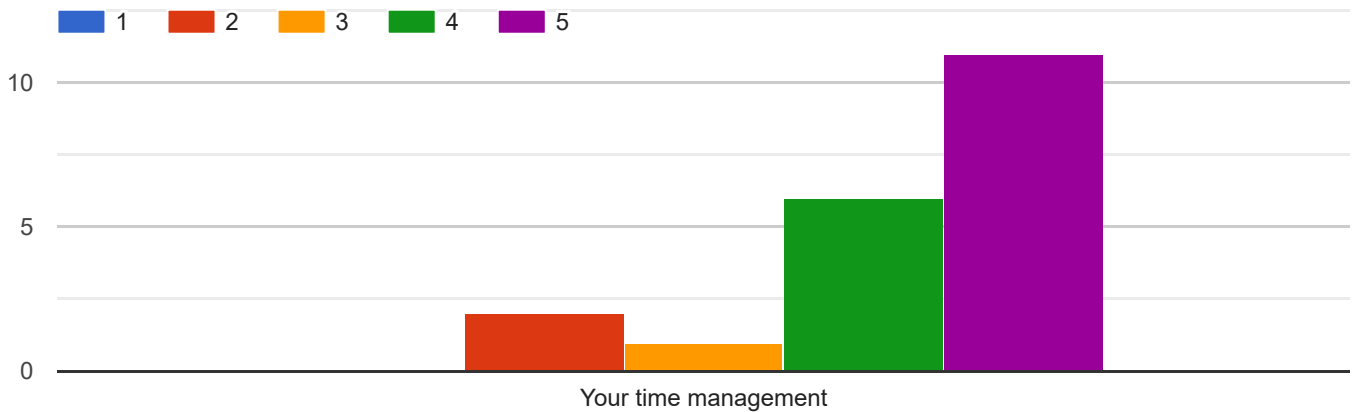
How would you rate your participation and commitment in learning?



How would you rate your team work?



How would rate your time management during this training (being on time)



Comments on your participation

6 risposte

As it's hard for me to speak up while in groups, I always feel like I could've participated more.

Tried to communicate with everyone

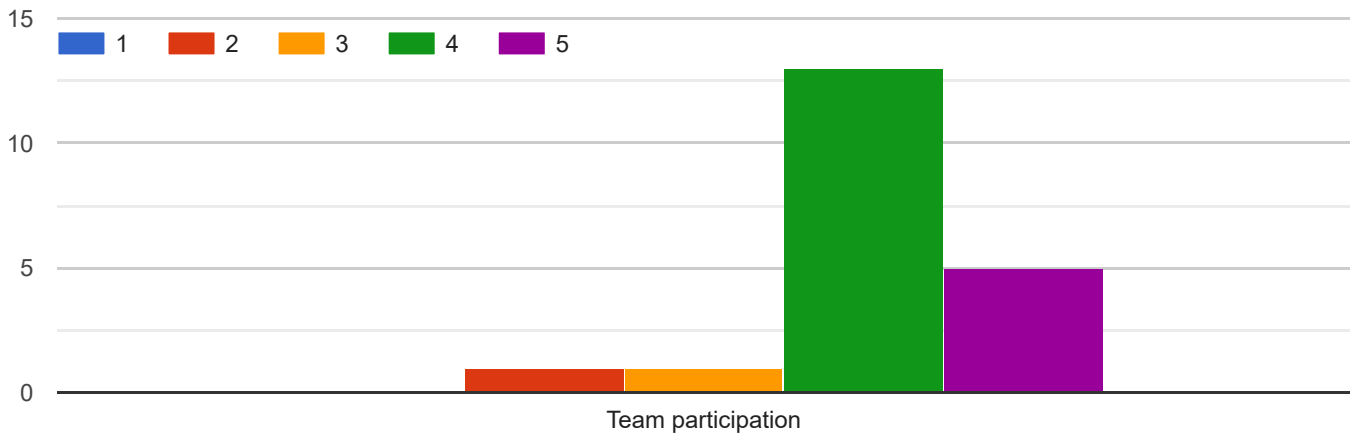
I was very eager to learn and to practice skills, but the way the session were built up made it hard for me to actually and continuously engage with the content and with the other participants.

I was tired and therefore during the evenings and free programmes I did not take part too much.

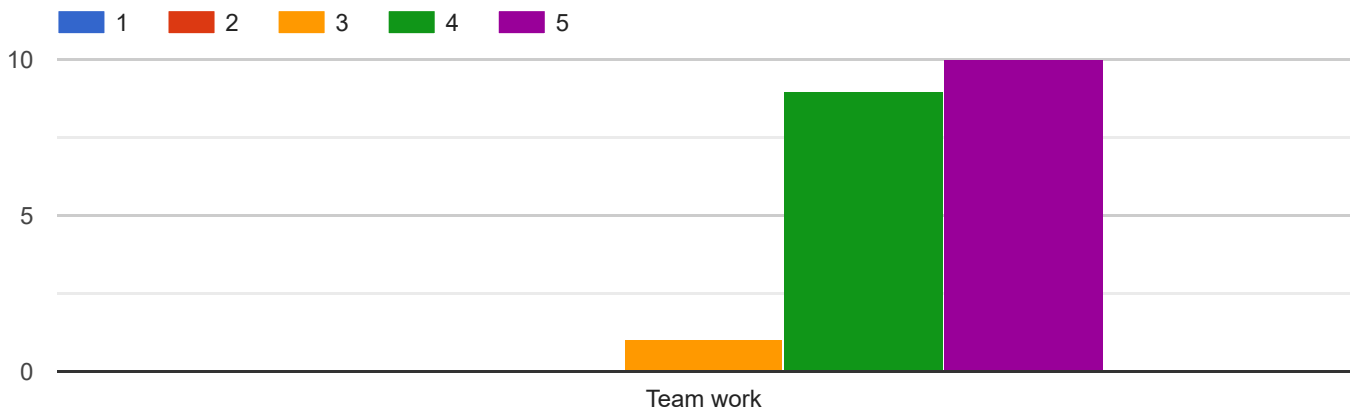
For personal reasons I couldn't really engage myself

I think i had a chance to fully participate thanks to moderate amount of participants

How would you rate participation and commitment in learning among all participants during this training



How would you rate team work of all participants during this training?



Comments on the group participation

5 risposte

I felt we were all in the same page.

I think we were really good group. Even we very all different age and profiles, everybody connected and there were no smaller groups in this whole group.

I was pleasantly surprised while realizing that all training participants considered this training as a good learning opportunity and were therefore very motivated and serious learners during the whole training. Very promising young people!

We did not make up a "family" but we for sure did feel the responsibility to work together as a unit, which is far more important in a short term project like this

There was a certain difference of commitment, but in general the group was working good.

EVALUATION OF PROFESSIONAL DEVELOPMENT



What knowledge and skills did you gain or improve during this training?

20 risposte

New methods for sure. Also my knowledge about TA and NVC is completely improved

communication skills

About TA and PAC, that I haven't even heard about before, more about NVC, media literacy and feedback, as well as some new games.

For sure, I learned a lot since this was my very first training. I learned how and what to improve when giving feedback, some useful tips about public speaking, I learned about Transactional Analysis and nvc.

English, team work, feedback, NVC

short, but clear information on Transactional Analysis, deeper knowledge of Feedback, new experiences of NVC and Empathy teaching

Deeper Knowledge of communication and apublic speaking

Public speaking, non-violent communication

We gained some insight in some of the basic concepts of non-violent communication, public speaking, giving feedback and transactional analysis.

NVC, public speaking, new activities, nonverbal communication types, feedback

non formal methods, public speech skills, transactional analysis, NVC

Skills on public speaking and non-violent communication

I learnt the importance of listening before speaking, not to be so afraid to express my opinion because all opinions are useful and worthy, I learnt that team work is necessary to accomplish basic goals and of course I gained the basic information of every session we did.

vocabulary and terminology, new methods

I gained valuable psychological knowledge (nvv, ta). Also for me personally public speaking part was crucial

New methods witch I can use in my work.

Social skills and intercultural understanding

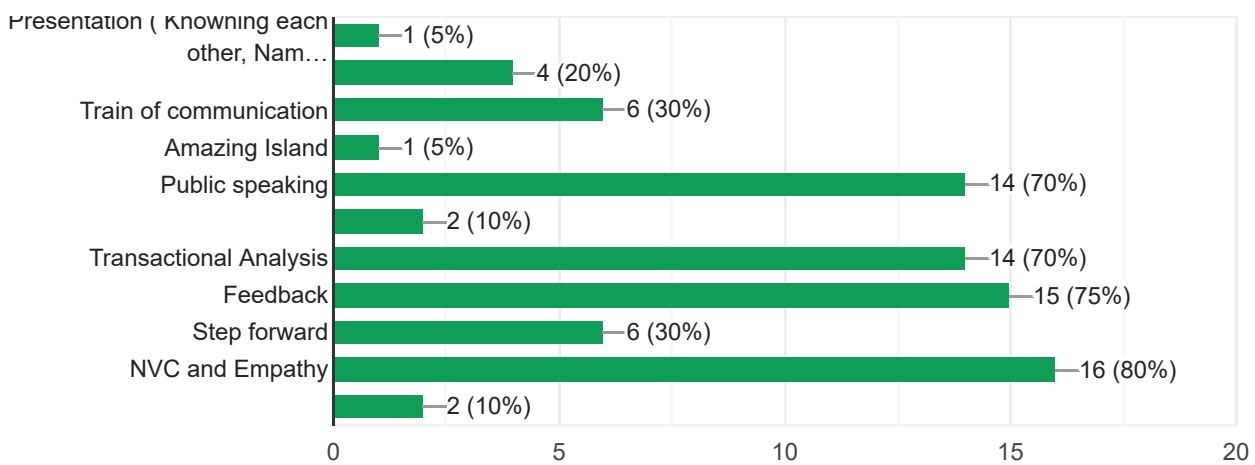
giving and receiving feedback was helpful!

English, public speaking, nvc

I discovered some new things like Transactional Analysis and had the chance to give a name to other things that I was just observing from the outside, like feedback system and NVC. And I discovered what Lerio's job is about.

Which session gave you the most knowledge and skills?

20 risposte



EVALUATION OF THE TEAM



What are the strong points of the team?

20 risposte

Great preparation

good preparation

They were very well prepared and inside the subject, very relaxed and chilled, which made us feel also relaxed, and coordinated with each other.

They were always listening to our needs and they didn't push only their ideas.

Cooperation, discussion

Both female trainers were excellent, a male trainer was too theatrical and therefore not very convincing, at least not for me.

Unity between them, preparation, care about the participants

Open minded, helpful, they understand the needs

Positive, open, listening, active, respect for differences in group, respect for preferences within the group

Time management

engagement and empathy with the group, knowledge about the themes

Well-organised, calm, experienced, friendly attitude

Kind, smiling, friendly, they know their subject and teach it in a very interesting way, using activities and non formal ways of "teaching", I really liked the way the paper notes were written - it was very easy and attractive to follow, they were always making me feel acceptable and part of the team.

well prepared, symbiosis

All were very well prepared for their topics, great management of group and time

Smooth communication, efficiency

Politeness and Helpfulness

Not giving the feeling they are the trainers, rather the friends who come give some knowledge.

Good structured parts. Different topic for each trainer is good.

Always ready to help, always focused on point, well prepared on the topics, peaceful and calm.

What are the points to improve of the team?

20 risposte

Freedom for discussions

more space to the participants for sharing their experience and ideas

Maybe next time do more activities physically instead of sitting down lecture.

Maybe more practice through workshops, less discussion about how we are feeling.

Better know each other

Girls, either try to convince Lerio to be less melodramatic or try to find someone else, in order to create a more balanced team!

I don't know

None

Communicate better (in advance) what you want to achieve within this week, and how you want to achieve this. 'Non-formal education forms' can mean a lot of things. Be aware of the prior knowledge and expectations of your audience - they may have to 'sacrifice' a week of precious free days to be able to attend this course. In this way, I think you can match your audience and their ambitions better with your program.

N/A

if the programme and schedules permit, more time per theme (for e.g.: more time to Public Speech)

Less theory and reflections, more practicality

Maybe they could go deeper into some points of each subject.

not to doubt in what they have prepared :D

Didn't notice something very worth improving

More time spent together. In night time too :)

Organization of sessions (you led too much)

Nothing i can think of.

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Drink more with us ;)

PERSONAL FEEDBACK FOR THE TRAINERS

Laris Guerri

How did you feel in contact with the trainer?

20 risposte

Great, natural, positive, spontaneous, knowledgeable.

She is the best :)

Amazing, she's always very supportive and ready to help.

Good

Can be better

!!!

Wonderfully

Just amazing

Very nice, good listener, great sense of humor, warm but strong personality

well

very easy contact and quick answers to all questions, empathy and kind with all the group

I felt comfortable from the 1st email we exchanged

She was always very sweet and friendly, I felt like I could talk with her about everything, she was very close to us and just one smile from her was making me feel acceptable.

amazing

Calm, safe

Very nice and friendly woman.

Free to express myself and care

Laris was amazing! She gave me a 'home' feeling. Her part about TA was really interesting.

Friendly

I love her. She is a mama, a friend and a boss at the same time

What helped your learning process thanks to this trainer?

20 risposte

Her knowledge and way how she presented the TA

TA, team building, feedback...

She was always available to help or explain again, and gave a feeling of trust.

Her willing to listen and support

Transaction analysis

clear explanation, convincing appearance

The ability to be serious when needed and friendly the other times. More she taught very well the transactional analysis

Her tolerance

How to manage different expectations from the group and characters within the group

new methods I learned

I appreciated very much to learn the Transactional Analysis and I will explore more about this.

Her calmness and flexible attitude

Her good vibe, good knowledge of her subject, good notes.

her knowledge of T.A. as a psychologist

Constructive way to present, gppd knowledge of the topic

Organizing trainings

Her calmness

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Structured presentation.

I had the feeling that without her the training could not happen, she was the base of everything.

What did not help your learning process because of this trainer?

20 risposte

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Nothing.

All learnings were good enough

I don't know

None

I do not know


nothing to declare.

Nothing to mention

Quiet and pretty monotonous speaking.

In TA, there was too much theory and too less practice

In no way.

Olga Kuczynska 

How did you feel in contact with the trainer?

20 risposte

At the beginning to serious but then you just realise that she is more than awesome and helpful

Nice

Great, I really liked the way she conducted the sessions (and the jokes makes us feel at ease).

Good

I was sure that Olga is participate as I was

!!!

Very very good

I didn't have the chance to talk that much with her but I felt comfortable with her

Also very nice and positive, knows who she is and what she wants, open attitude

well

very easy contact, empathy and kind with all the group

We couldn't get close to each other in the free time, but during the sessions I felt I can ask anytime

Approachable and always with a smile.

amazing

Comfortable, safe

Well prepared trainer

Guided with safety

Olga was a good trainer! Her training was really helpful! I learned a lot from it!

Very curious, because I think I can learn from her.

At beginning was a slow approach, but then we got more in contact

What helped your learning process thanks to this trainer?

20 risposte

NVC

The knowledge and creative methods to explain the NVC

How she made it seem easier and lighter, even the more heavy/emotional things.

That she was not "pushy" when it comes to discussing and talking. Bc of that I felt relaxed. She didn't mind when I asked her if she can help me with smth even although I didn't want to share among others and I appreciate this.

All the process

clear explanation, convincing appearance

To be gentle and care about the other participants

Her patience

Working with big groups, forms of non-formal education

my favourite topic was NVC

I appreciated to get to know the NVC model.

Her down to Earth, still creative approach to the topics

She was listening to everyone's opinion and was encouraging us to express what we were thinking. Calm way of "teaching"

her knowledge of the topics of feedback and NVC

Feeling that Olga is competent in her field, constructive delivery

Connecting with emotions and practicing a very specific method

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Very good english! And the training design, tha drawings.

The great seriousness and commitment. I love her as well.

What did not help your learning process because of this trainer?

20 risposte

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Nothing.

All process were good enough

I don't know

None

I do not know

nothing to declare.

Nothing to mention

She often looks a bit distant from the group

Her lack of common guidance in the board game (different info to each group)

The great seriousness and commitment.

Lerio Cunha



How did you feel in contact with the trainer?

20 risposte

Personal - strange, professional - good

Good

Very nice, he was helpful and always willing to hear everybody out.

Relaxed bc he is always smiling

Only on his activities

like on a stage, more or less all the time during his sessions

Very very good

Very well

Fun, open, positive person. Great public speaker, and passionate about it.

well

very easy contact, empathy and kind with all the group

Super friendly, easy going, easy to chat with personality

Approachable and he was like one of us.

amazing

Impressed, worried

Very friendly and good communicator

Inspired

The contact with Lerio was really good. The feedback training he gave was really helpful! Thank you!

Comfortable

At the beginning the approach was more friendly. but the last three days there was a general distance. I love him, give it to me!

What helped your learning process thanks to this trainer?

20 risposte

His expertise in Public speaking

public speaking

How he made us feel comfortable, like we were a group of friends talking.

An examples that he used in session "Public speaking"

Eye contact

I can't answer to this question write now.

The public speaking was a great lesson and he also teached me to put a lot of effort to be able to realize your goals

His open mind

How to speak in front of a big group. Importance of smiling, posture and attitude.

public speaking "volunteering" (I would never go there voluntarily:))

I appreciated to learn more about Public Speach (just wish had more time to explore and pratice it)

His easy going, friendly attitude

He had all my attention on him whenever he was talking, nothing could distract my attention because of his transmissibility and communication skills. Very interesting way to transfer his knowledge, loved the small energizers in the meantime of the session.

his knowledge of the elements of public speaking

Professional approach, well structured presentations

How to behave as a trainer

His good-will

Giving feedback, opening up.

The way of presentation

A big heart, strong communication skills.

What did not help your learning process because of this trainer

20 risposte

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Nothing.

All process were good enough

to melodramatic performance (not only during his public speech performance) decreased the degree of my confidence in the content of his sessions

I don't know

His long talks

I do not know

nothing to declare.

Nothing to mention

He did not seem natural, he was very close and friendly during activities but after them there was not much contact with him which made it look not sincere

We were not able to go deep enough in the exercises

Many things not explained in his sessions, but clearly just because of time.

SUPPORT FROM YOUR SENDING ORGANISATION



Providing adequate information (regarding the program, the costs, the cultural shock, etc)

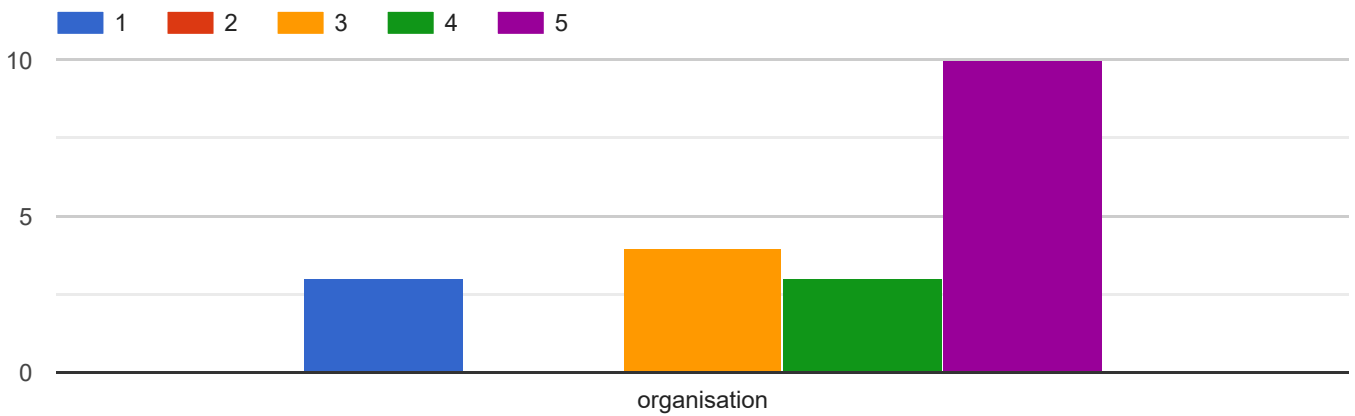
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Giving support in arrangement of travels (finding best prices, booking, paying, etc)

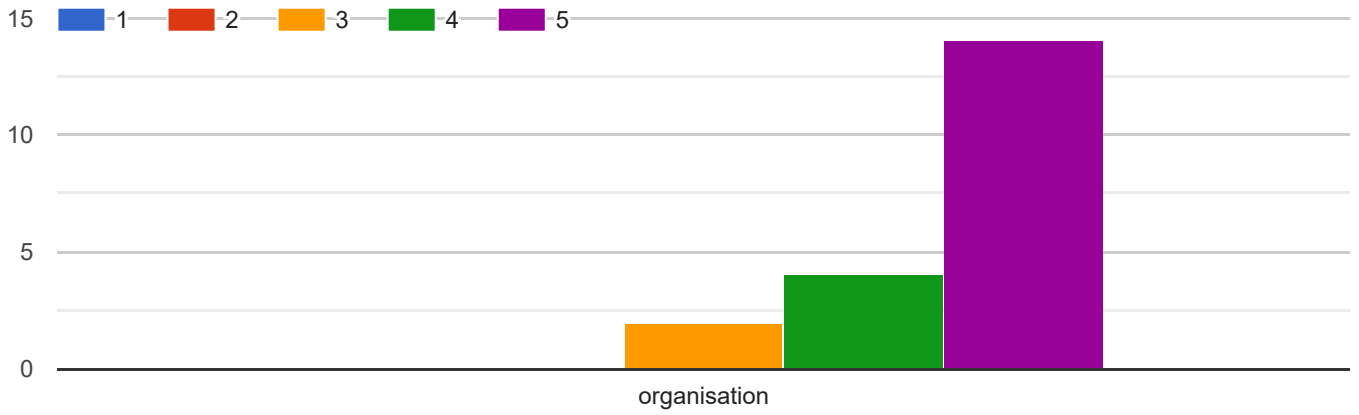


Providing preparatory meetings (to discuss the topic of the training, give the info pack, give the travel tickets, etc)

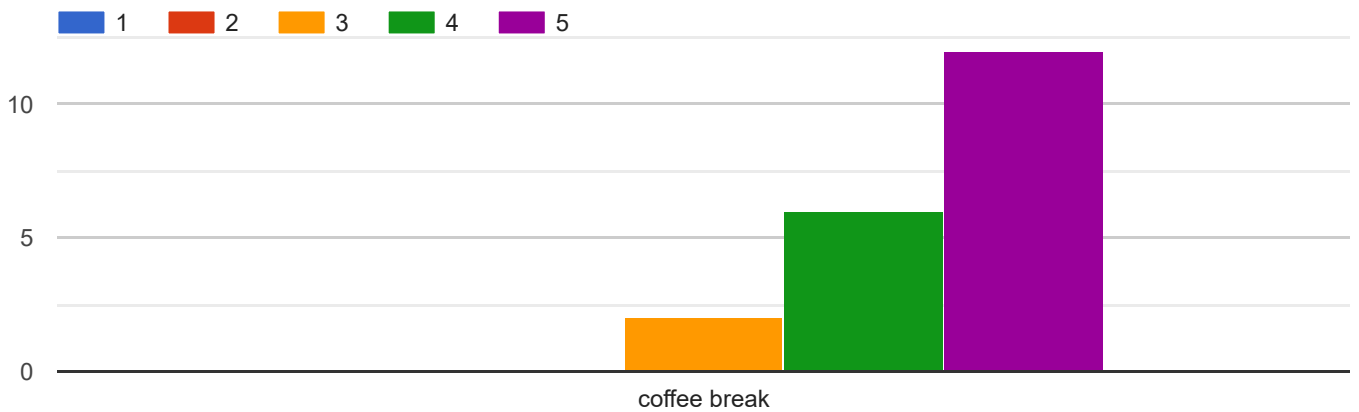




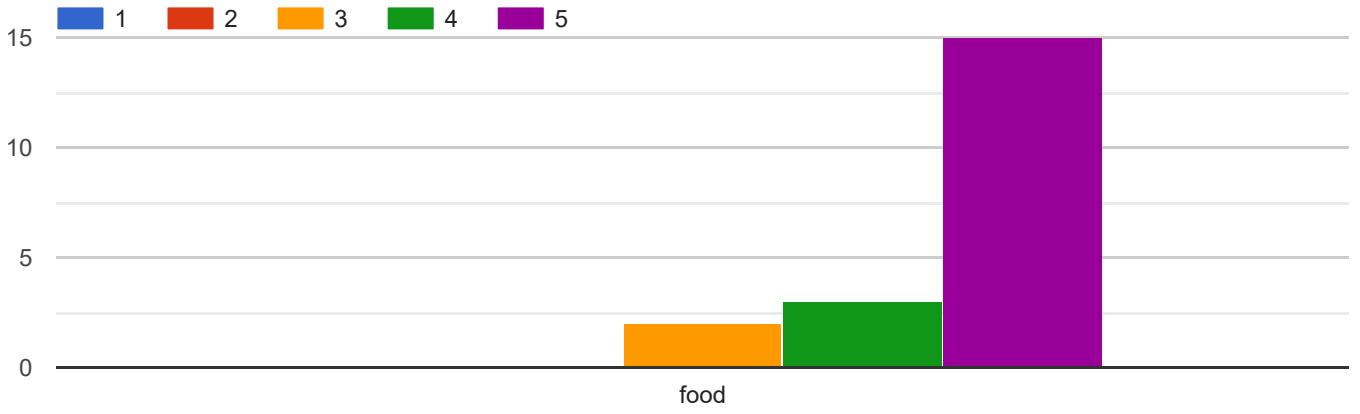
Organisation in general



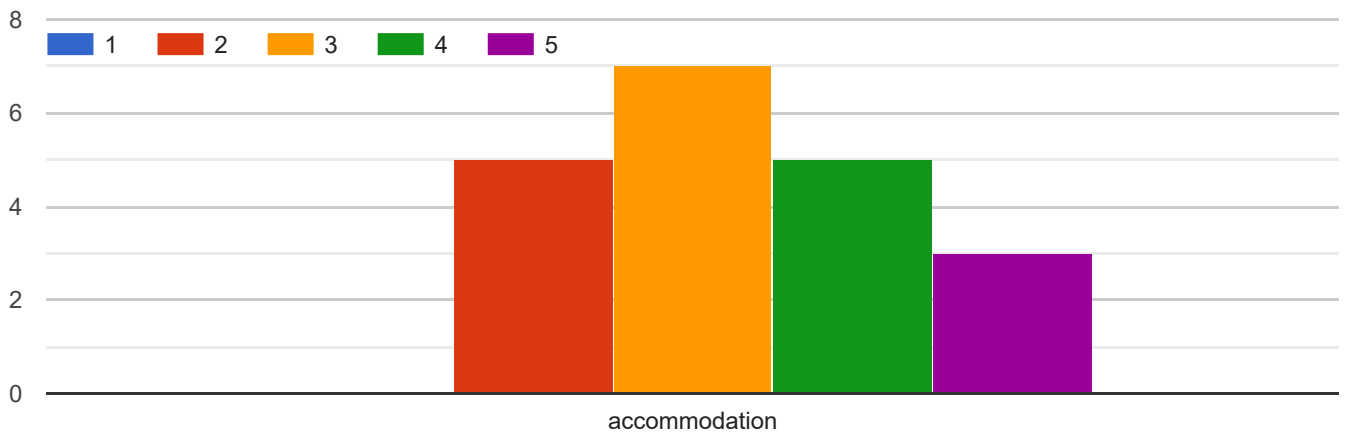
Coffee breaks



Food



Accommodation

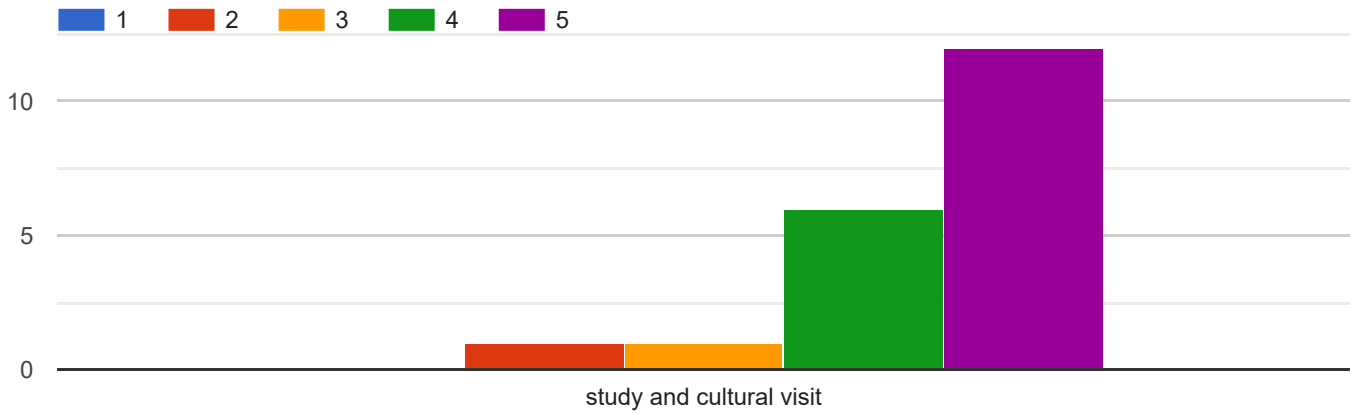


Informations received before the training (like info pack etc.)

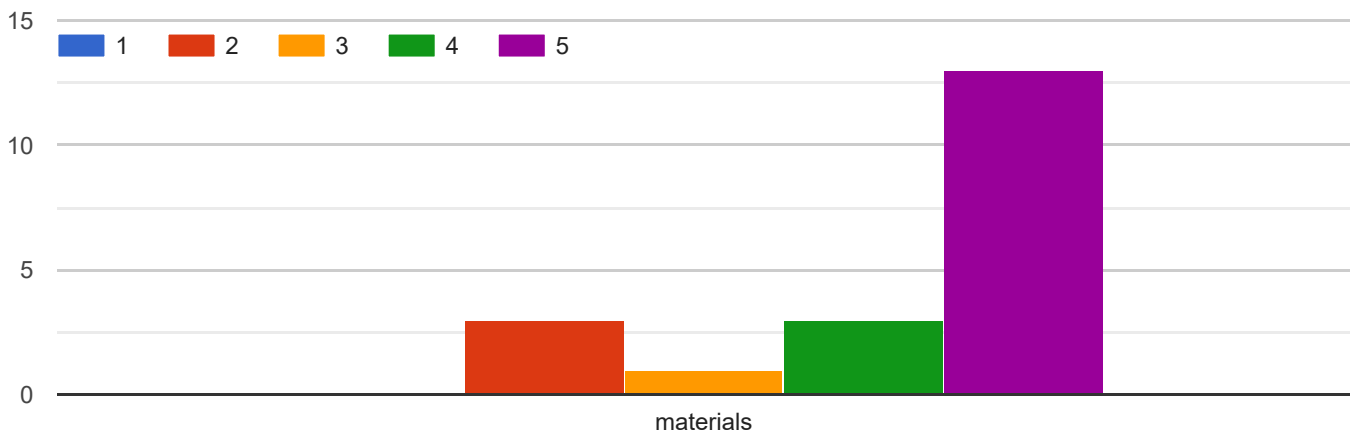




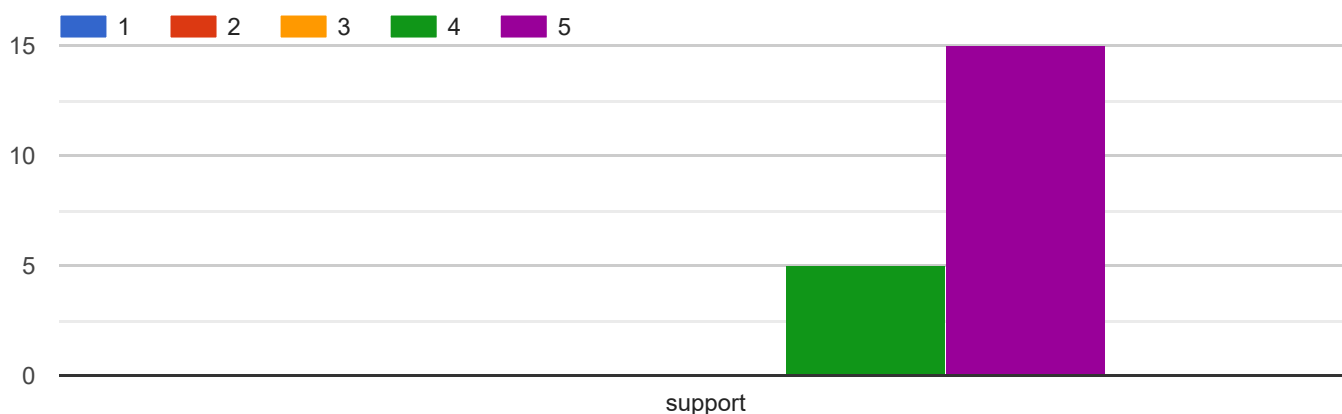
Cultural visit



Materials



Support



Final comments

9 risposte

Thank you for choosing me for this course, it was great and it opened my eyes about some things. Even I was not so "talkative" participant it was very helpful.

1. If under "SUPPORT FROM YOUR SENDING ORGANISATION" you mean my own organization, the answers are all 5, but if in this section you mean your partner organization in my country, I had no contacts with them and therefore the answers should be all 1.

2. Section "LOGISTICS OF ASSOCIAZIONE AGRADO" - what materials do you mean? During the course participants received few sheets of paper (copies), and that's all. Therefore my answer to this question is 2.

I did not know my sending organisation, I came via Salto.

wish to see you all again and participate in future activities. C4C was a very good experience and I will remember it.

Thank you all for your hard work during this project. Hope to see you :)

Keep up the good work guys, and hope to meet again soon!!!!

In general I really enjoyed it, I would certainly look forward to get in touch with you more

Congratulations for this project! I felt good. :)

Invite me or I will come to visit you. Kiss to Simone e Francesca