

Sicily calling! – Training & Travel Report

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For the 'Train the Trainer' course in Palermo from 8 to 12 July 2019, I travelled from Vienna to Venice by bus and spent a day exploring the water city, before flying to Sicily from Treviso. I enjoyed the training course and got to sight-see Palermo, the capital city, and savoured my favourite street food (Arancine) and generous servings of gelato!

What I find useful from the training course in Palermo:

The tips and case studies are relevant to my profession. Topics such as the following help reinforce my work knowledge: Different training methods; Participant's needs analysis; Adult learning style; Training plans; Objectives and goals; Reviewing materials; Delivering an interesting program; and tips on: Resolving conflicts, and how to handle feedback and questions.

Most importantly, I gained a lot of insight from:

1. Peer learning from other participants
2. Trainer's personal experiences

As a result of this training, I have improved on my:

- Analytical skills
- Practical skills (e.g. planning and organising, project management)
- Organisational/management/leadership skills
- Teamwork abilities
- Emotional skills (e.g. having more self-confidence, empathy for others)

Travelling around Sicily (after the training course)

While there, I also climbed the active volcano Mount Etna, located in Catania, and visited other Sicilian towns San Vito Capo (northern-most cape town, Agrigento (Greek temple), and Taormina (hilltop town).

After thoughts

Overall, I am rather satisfied with my Erasmus + mobility experience and thankful for the opportunity. I very much look forward to the next mobility training in the future.

