

Sicily calling! – Training & Travel Report

By Manuela Spandl | Research and Innovation Management GmbH



From the 8th to the 12th of July 'Train the Trainer' took place in Palermo, Sicily with participants from all over Europe. The course went from 9 a.m. to 1 p.m. everyday and afterwards I had some time for sightseeing, visiting the beautiful beach and getting to know the culture and the people. I ate delicious Pizzas and Gelati and also tasted the famous Arancini and Cannoli. I often drank home-made Aranciata (Orangeade), too. I travelled by plane, took the bus and the train and walked many kilometres per pedes.

About myself:

My name is Manuela Spandl and I am currently studying English and Latin in the teacher's training programme at the University of Vienna. I am also leading workshops for the 'Research and Innovation Management GmbH' and giving tuition to kids at the Lernquadrat.



Important insights gained from the course:

Often well-known, but always useful to practise is how to deliver an interesting presentation. As teachers and trainers we are the centre of attention. Always being watched by our keen observers (our students), hence training presentation skills, especially when you get new and handy tips (like I did in Palermo), is always a good thing to do. I also enjoyed the icebreakers and energisers as a refreshing exercise. Furthermore, I gained a lot of knowledge about topics like: Participants' need analysis, Adult learning style, handling sensitivities, handling questions and taking the needs of the participants/trainees into account.

Impact and after thoughts:

'Train the Trainer' helped me improve my teaching skills. I will keep my classes more active with energisers and I will always keep an eye on how I present topics to make the classes more vivid and interesting. I am very grateful for the opportunity to take part in such an interesting course, hosted by Erasmus+. I very much look forward to the next mobility training in the future.

Facts:

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