



Education and Culture



Socrates
Grundtvig



BASKI – Basic Skills Training Model

Dear Reader,

This newsletter informs you about ongoing activities and their results within the project BASKI discussed at the project meeting in Gelsenkirchen. The main objective of BASKI is to improve social and individual skills of people with mental and multiple disabilities helping them to have a self-determined life. This was done also by carrying up training for small groups of people with disabilities, trainers and coaches by using the BASKI Training Model (pilot runs), by reflecting and improving the training materials developed within the BASKI project and the training itself.

Like in other meetings the BASKI team wanted to know more about the tradition and culture of the country and region where the meeting took place, in this case the Ruhr Region in Germany. The team visited the Science Park Gelsenkirchen and the former coal-mine "Zollverein" in Essen, a facility with the status of an UNESCO world cultural heritage. In April 2006 Essen was nominated as '2010 European Capital of Culture'.

Meeting in Gelsenkirchen

The most important objective of the meeting was to reflect about important aspects in connection with the pilot runs which took place in Austria, Bulgaria and Greece and to discuss already shown positive aspects of them as well as improvements that can be done for the further use of the BASKI Training Model.



Referring to the **selection of BASKI pilot groups** for example in Austria, BASKI team selected mainly the organisations interested in BASKI, but the participants from these organisations were voluntarily according to their personal interests. The information needed was given within two information sessions: one for carers and a different one for people with disabilities.

In Greece BASKI was implemented within Hermes. As an important standard procedure an official information letter was sent to all possible participants before offering information session. The main problem to convince participants was their involvement in other projects.

According to the target groups **impacts of BASKI** training was measured on different levels and in different ways: participants of a BASKI group, carers taking part in coaching sessions, reflection with management at organisational level. Every BASKI group session ended with a feedback round, additionally questionnaires / guiding questions were used for interim and final reflections.

As participation in BASKI groups was voluntarily a good indicator for success was the continuous participation of the group members during the planned sessions.

In Greece and Bulgaria for example members of BASKI groups always remembered the date of the next meeting and were talking about it in advance.

A very important result of the pilot runs was **the changing attitudes and behaviour during BASKI group sessions**. This was happened and members of BASKI groups became more active over time. Clear structure of each group meeting supported this development. In Bulgaria it could be observed that participants were frightened of “the unknown”, unexpected. Following routines and offering a discipline to follow helped them to overcome barriers.

With rising trust towards the trainer, participants in Austria started “to test possible reactions” to e.g. rude behaviour towards the trainer. During the training sessions they have experienced different phases of self expression: from acting out conflicts to dealing with them in a grown up way.

In all countries the wish to work and sharing working experience was an important topic. In Bulgaria participants expressed their interest in getting in contact with possible employers and governmental representatives responsible for these topics.



Also outside the BASKI groups changing attitudes and behaviours have been observed.

In Greece for example it could be observed that before the pilot run participants stayed only with “their group” – after the sessions they liked to talk also to others, they started to call each other.

Trainees became more open after the sessions, e.g. they started to talk more about their job to other people. In Austria it could be observed that members of a BASKI group experienced their new self esteem at home by deciding e.g. on their own which clothes they would like to wear. They exercised at home things that are important for them without direct support.

According to the basic principles of Hermes parents and carers appreciate empowered of their children/customers. However within BASKI it could be observed that they described conversations with children, and realised that they wanted to do more things on their own, e.g. to go out with their friends instead only with their family members.



An important factor for the successful implementation of pilot runs was **the situation and the attitude of staff within the sheltered workshops** where the people with disabilities belong.

Organisational settings with their structures and routines and number of people involved within such organisations are not easy to change. In Austria participants founded easier to realise their new self esteem at home then in their organisation (workshop, day care centre etc.).

In Bulgaria no sheltered workshops exist. Therefore for DIA Sport it was even difficult to find a place for the BASKI training which was well received by all target groups. The setting implicated that parents in search for information were talking directly with trainers (while in Austria and in Greece their first contact persons were staff in the sheltered workshops).

Participation in coaching sessions was voluntarily. At Hermes the coaching was well received as an opportunity to share opinions and discuss the impact of BASKI within Hermes. BASKI training led to a new mixture of roles and experiences for trainers.

A last aspect reflected d was the **impact of pilot runs on participated trainers.**

Trainers were happy to know BASKI Training Model in all countries where pilot runs took place and this was well accepted

In Bulgaria for BASKI group meetings topics were chosen in advance. Particularly BASKI curricula was very well received and additional materials have been developed and used. Further distribution of BASKI materials was discussed as an important topic.

In Austria during the pilot run trainers have changed their attitudes from "I'm the trainer, I have to know and solve everything" towards "I assist, I support, and I'm here". In practice trainers started to work with the first topics brought up by the participants by starting sessions with questions like "what is important for you today?", "What would you like to work at?"



In Greece specific skills as introduced or highlighted by BASKI are used more often and more consciously than before.

The BASKI project team decided to make the following recommendations for improving the use of the BASKI Training Model and the dissemination activities:

- Specific information settings and trainings for parents and other family members should be further developed. How to involve parents and keeping in contact with them is an important aspect to be considered.
- Additionally, information settings and trainings for carers are important based on the idea that people with disabilities should be able to take some decisions on their own (vs. BASKI "train the trainer" courses).
- Meetings with trainers of different BASKI groups and coaches are considered as valuable mutual support and exchange of experiences.
- Work and working experiences are very important for the self esteem of people with disabilities.
- Not every topic should be discussed within a BASKI group. Limitations for the setting are e.g. strong (self-) aggression or detailed discussion on sexuality as not every group member agrees in participating.

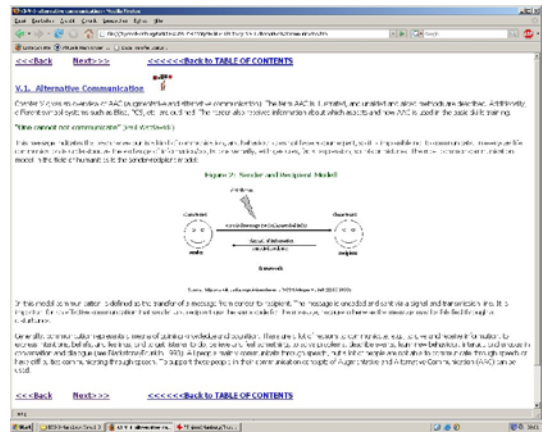
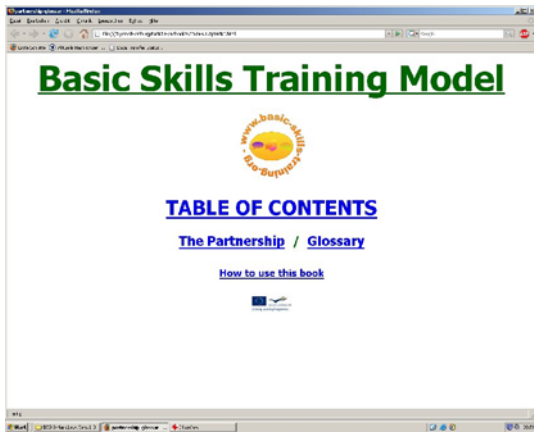
The project team discussed how **to continue to use the BASKI Model within the organisations and how to valorise it after the project period.** Within Lebenshilfe Austria BASKI will be continued. Different organisations offered to provide budgeting for further sessions. BASKI should become a kind of quality standard for organisations.

For Hermes and DIA-Sport the implementation of BASKI was very successful. There is a high interest of trainers and organisations in continuing to work and further implement BASKI principles but a financial support is necessary in both countries.

It is intended to offer a transnational education programme for trainers and coaches in Europe based on BASKI principles. BASKI project team will look for adequate European programmes and financial possibilities to do it.

After the reflections on the pilot runs **two working groups discussed in Gelsenkirchen how to improve training materials and products of the BASKI project.** One group discussed the Curricula and another one the two products developed within BASKI: the multimedia form of the

Handbook and the Web-site. The Handbook should be completed with aspects of pilot runs and with photos. A "Catch the eye" section on the start page of the Web-site of BASKI will present the book. IAT will realize CD copies of the Handbook and send to the partners. Dissemination activities of the products of the project BASKI are planned in all partner countries.



The BASKI Web-site will be updated with the last information about the project partners. Links to partner Web-sites will be also done and some sections like News and Help will be removed.

Visiting the Science Park Gelsenkirchen

This is a platform for information, innovations and initiatives and offers excellent facilities for meetings and events in Germany.



Visiting Zollverein

The Zollverein industrial complex in North-Rhine-Westphalia consists of the complete infrastructure of a historical coal-mining site, with some 20th-century buildings of outstanding architectural merit. It constitutes remarkable material evidence of the evolution and decline of an essential industry over the past 150 years. The Zollverein XII Coal Mine Industrial Complex is an exceptional industrial monument by virtue of the fact that its buildings are outstanding examples of the application of the design concepts of the Modern Movement in architecture in a wholly industrial context. The technological and other structures of Zollverein XII is representative of a crucial period in the development of traditional heavy industries in Europe, when sympathetic and positive use was made of architectural designs of outstanding quality.

