

## TRAINING PROGRAMM WITHIN THE FRAMEWORK OF ERASMUS +



### For Hairdresser

Title: **Skills in Practical Interdisciplinary Environment** (acronym: SPIDER) Erasmus+ KA102

Period of the framework: 06.02.2021 – 27.02.2021 r.

Place of framework: Wrocław, Poland

Sending organization: Strukovna škola Đurđevac, 48350 Đurđevac, Croatia

Host organization: Aviva Poland.

DATE	MAIN ACTIVITIES	SKILLS/COMPETENCES	HOURS
<u>07.02.2021r.</u> 07:00 – 12:00  14:00 – 17:00	<b>Travel day:</b> <ul style="list-style-type: none"> <li>• Arrival of project participants together with the group's guardian to Wrocław.</li> <li>• Pick up from the coach station by a representative of an intermediary organization.</li> <li>• Transfer and accommodation.</li> </ul> <b>Introductory meeting -intermediary evaluation in Aviva office :</b> <ul style="list-style-type: none"> <li>• The student becomes acquainted with the exchange partner.</li> <li>• Presentation of the Croatian group, familiarization with peer mentor, who will conduct an introductory lecture on Polish culture (multimedia presentation).</li> <li>• Familiarizing with elementary facts about Wrocław (location, short history of the city).</li> <li>• Discussing a pre-determined residence program.</li> </ul> <b>Orientation tour</b> conducted by a peer mentor - familiarization with the topography of the city, the most important points around the place of residence (currency exchange, getting acquainted with timetables and rules of moving by public transport, etc.)	Students develop personal and social competences: in a foreign language they introduce themselves and talk about their interest in the profession, competences acquired at school and experience gained so far. They can determine their skills and things they would like to improve in their profession.	
<u>08.02.2021r.</u> 07:00 – 11:00	<b>INTRODUCTION DAY:</b> <ul style="list-style-type: none"> <li>• Pupils under the supervision of a peer mentor are taken to a medical clinic for the purpose of performing occupational medicine examinations</li> <li>• The student takes general health and safety training (occupational health and safety, labor law, fire protection, GDP) organized in the office of an intermediary organization</li> </ul>	The student acquires the ability to prepare a workplace in accordance with the applicable requirements of ergonomics, health and safety regulations. He learns the equipment of a hairdressing salon and learns how to use the equipment, distinguish hairdressing accessories, learn foreign language technical terminology.	8

12:00 – 16:00	<ul style="list-style-type: none"> <li>• Each trainee is guided by the mentor of the intermediary organization to the company in which he will take his three-week professional practice</li> <li>• The student gets to know his guardian of traineeships and co-workers. The student gets acquainted with his workplace and how to prepare it. In addition, he learns about his schedule and responsibilities.</li> <li>*He learns the equipment available in the salon and learns how to use the hairdressing equipment and accessories. apparatus for sterilization and disinfection of equipment, a tumble dryer, hair straightener or a hairdresser wash,</li> <li>*The rules of disinfection and sterilization in the salon are discussed, after which the student undertakes himself to clean and prepare hairdressing tools.</li> </ul>		
09.02.2021r. 08:00 – 16:00	<p>*The student greets clients and directs them to the prepared work station. He conducts an interview with the client in order to get to know his expectations. It asks questions such as o time devoted to everyday stylization, methods and styles of stylization, imagination about the hairstyle. It records the most important information about the client / client, for later use in other hairdressing procedures.</p> <p>*The student practices styling on the mannequin.</p>	The student learns the rules of mutual behavior of the staff, especially in the presence of clients. Learn to accurately identify customer wishes. Develops interpersonal and language skills, self-confidence in dealing with another person.	8
10.02.2021r. 08:00 – 16:00	<p>*The student with the help of a tutor practices performs the assessment of the condition of hair and scalp. Specifies the direction of natural growth and hair placement. Distinguishes disease states on the scalp. Recognizes the type and damage to the client's hair.</p> <p>Recognizes the shape of the face and takes it into account when advising the client a particular hairdo. It draws attention to the specific features of the head and face, i.e. nose, beard, long or short neck, etc.</p> <p>*The student describes the client with a new hairstyle chosen by the hairdresser, in such a way that the client could imagine it, and discusses the next steps of the haircut.</p>	The student acquires knowledge about the structure and structure of hair, types of skin diseases, learns to assess the condition of the skin and select preparations. Develops the ability to serve salon customers. He learns the importance of anthropometric principles in the selection of hairstyles and cuts. He learns to determine the individual characteristics of the client's beauty.	8
11.02.2021r. 08:00 – 16:00	<p>*The student prepares the workplace and takes care of its cleanliness, disinfects the tools.</p> <p>The apprentice learns about different hair and scalp care treatments, after he performs head washing and hair care treatments with the use of appropriate means.</p> <p>*The student learns the technique of a professional head massage in a hairdressing salon and tries it on a mannequin under the eye of a hairdresser, in order to eliminate possible mistakes.</p> <p>*The student learns the advantages and disadvantages of wet and dry shearing and general hair cutting methods.</p> <p>Apprenticeship visit at the place of apprenticeship to monitor and observe the traineeship.</p>	The student learns about specialist cosmetics, effective and safe ways to use them in everyday work. The student acquires the ability to independently perform a head massage and learns the organization of his own work and regularity.	8



12.02.2021r. 08:00 – 16:00	<p>*The student undertakes to wash the client's head with a nursing and relaxation massage. He chooses hairstyles based on the principles of anthropometry and draws their drawings.</p> <p>*Prepares clients for treatments and performs the final styling and hair modeling, including using the "brush" method, using fixing products. In addition, the student learns about products with varying degrees of fixation and how to apply them, depending on the intended final effect.</p> <p>*Student learns how to make of hair care and washing products on natural (herbal) basis.</p>	The student learns about new products used for hair care and how to choose and use them. I learn the steps to prepare the client for hairdressing, develops personal culture and skills of working with the client, which affects the development of responsibility in making decisions and affects more self-confidence.	8
13.02.2021r.	<p><b>Getting to know Wroclaw's tourist attractions:</b> Visiting: Botanical Garden of the University of Wroclaw, Centennial Hall, Hydropolis</p>		
14.02.2021r.	<p><b>Getting to know Wroclaw's tourist attractions:</b> Sightseeing: Polinka, National Museum, Sky Tower</p>		
15.02.2021r. 08:00 – 16:00	<p>*The student prepares the workplace and takes care of its cleanliness, disinfects the tools. Performs head cleaning and hair care of clients using appropriate means.</p> <p>*The student continues his education and gets acquainted with the care products used for various types of hair. He assists the hairdresser in choosing the right products for clients depending on the type of hair, he learns the application of preparations used every day in the salon, it means oils, masks, mousses, hair gums.</p> <p>*The student makes a presentation about hairstyles that meet the latest trends and try one of them on the mannequin.</p>	The student acquires the skills to select methods and techniques for hair and scalp care. Can determine the effect of hair care products on the hair. He can do the hair washing by applying different methods and techniques. Caring for the cleanliness of the workplace increases the student's sense of responsibility for the duties performed.	8
16.02.2021r. 08:00 – 16:00	<p>*The student performs the washing and massage of the head using the known care and massage techniques.</p> <p>*He advises clients in the selection of care products and interviews their preferences. The student learns the techniques of shearing, i.e. the technique of simple cutting, shading, degumming and filtering. Performs the final styling and modeling, using a variety of hairdressing equipment, such as a helmet dryer, hairdresser straightener.</p>	Determines the effect of skin care products on the hair and scalp. He acquires knowledge in the field of daily hair care and provides it to clients. He gets to know different ways of hair styling, thanks to which he improves the technique and can predict the final effect of stylization.	8
17.02.2021r. 08:00 – 16:00	<p>*Using a mannequin, the student trains various hair cutting techniques and hair splitting for horizontal separation and the classical section that occurs in the initial phase of learning.</p> <p>*Based on the recognition of the face type, hair type and preferences of the clients, the student plans hair cutting stages taking into account the technique of cutting, the selection of preparations and the final styling.</p> <p>*The apprentice prepares clients for hair color changes and observes hairdressers during treatments.</p>	The student learns to choose the right hairdressing products and equipment needed to perform a haircut. He learns the cutting methods and improves the ability to divide hair into a section and separation characteristic of a given type of hairstyle. It broadens the knowledge in the field of hair coloring and the choice of shade to the beauty of the client.	8
18.02.2021r. 08:00 – 16:00	<p>The student runs the client from the moment of entry to leaving the salon:</p> <ul style="list-style-type: none"> <li>• prepares the work station and tools needed to perform the clipping,</li> <li>• interviews the client and chooses a new hairstyle,</li> </ul>	Independent work teaches the trainee responsibility for making decisions and predicting their effects. He learns ways of coping with stress and organizing his duties so as not to exceed the time provided for the procedure.	8



	<ul style="list-style-type: none"> <li>• is responsible for washing the head and preparing the client for the surgery,</li> <li>• performs haircutting for women's hair and final modeling.</li> </ul>		
19.02.2021r. 08:00 – 16:00	<p>*The student prepares the client for the surgery and the equipment, accessories and paints needed to perform it. He assists the older hairdresser in hair coloring and sweeping. Student gets to know technique of using fruit acids on hair (malic acid, citric acid, etc.)</p> <p>*After the surgery, the student takes care of the position to clean and disinfect the tools used.</p>	The student learns the stages of hair coloring and the ways of choosing the paint and techniques of applying it to the hair. He learns about different ways of dyeing and mixing preparations to get the right color. Student is able to use a different techniques of using fruit acids on hair. He can already choose the appropriate accessories required for specific hairdressing treatments.	8
20.02.2021r.	<b>Getting to know Wrocław's tourist attractions:</b> Sightseeing: Ostrów Tumski, Panorama Racławicka, Rynek, Ratusz, Tołpa Park		
21.02.2021r.	<b>Getting to know Wrocław's tourist attractions:</b> Sightseeing: Zoo, Quarter of Confessions		
22.02.2021r. 08:00 – 16:00	<p>*The student performs hair care treatments. Prepares a mixture of hair dyeing preparations to obtain the right color. The student also prepares mixtures of hair dyeing from fruit acids.</p> <p>*The student, along with the hairdresser's assistant, performs a hair bleaching and colourisation treatment.</p> <p>*After the surgery, the student presents to the client the ways of hair care that have been lightened and dyed.</p>	The student uses technical language in the field of hairdressing. He can communicate with staff and clients in a foreign language. He remembers the observance of cultural principles. Improves professional skills through continuous practice. He can coloring and shining hair based on fruit acids.	8
23.02.2021r. 08:00 – 16:00	<p>The apprentice has the opportunity to assist an older hairdresser during a chemical wave treatment:</p> <ul style="list-style-type: none"> <li>• prepares a work station,</li> <li>• presents to the client subsequent stages of perms,</li> <li>• gets to know the preparations used in this type of treatments,</li> <li>• prepares appropriate hairdressing tools and accessories,</li> <li>• observes and helps the hairdresser to work,</li> <li>• adapts the care preparations used after the procedure.</li> </ul> <p>The apprentice has the opportunity to assist an older hairdresser during a permanent hair smoothing with keratin treatments</p> <p>The apprentice helps in everyday activities at the hairdresser's.</p>	The student cooperates with the hairdresser during waving procedures, learning to cooperate and to follow instructions from people with more experience. In addition, he learns new methods of working with hair and ways of performing chemical treatments and hair care after the treatment and how to permanent smooth hair with keratin.	8
24.02.2021r. 08:00 – 16:00	<p>*The apprentice prepares the client for a wave procedure and assists the hairdresser during the procedure.</p> <p>*The student performs facial haircutting and deals with the application of care products. It presents the client with ways to care for facial hair.</p> <p>*Helps in everyday activities carried out in the hairdresser and takes care of order in the workplace.</p> <p>*The student has an opportunity to use trichogram.</p>	<p>The apprentice learns to be conscientious. In addition, it consolidates the methods of working with hair and the ways of performing chemical treatments and hair care after the treatment. He can use theoretical knowledge in practice.</p> <p>The student is able to do computer analysis of hair root.</p>	8

25.02.2021r. 08:00 – 16:00	<p>*The student has the opportunity to practice styling and modeling hair on models, thanks to which he learns the difference in ways of styling hair of different structure and density.</p> <p>*He learns how to perform hairstyles: occasional, fanciful, standard, in the style of sports, male.</p> <p>*The apprentice helps in everyday activities at the hairdresser's.</p>	The student determines the type of beauty and the type of client's hair. He chooses styling and modeling methods for the right type of hair. Thanks to cooperation with models, the student has the opportunity to demonstrate his creativity and openness to change.	8
26.02.2021r. 08:00 – 15:00	<p>The student takes part in everyday tasks and at the end briefly tells and shows what he learned during the internship.</p> <p>Signing all documents.</p> <p>Farewell in the workplace.</p>		9
16:00 – 18:00	Final evaluation in Aviva office.		
27.02.2021r.	<p><b>Departure day</b></p> <p>Students with their guardians are checked out from the accommodation.</p> <p>Transport to the coach station with an intermediary's guardian.</p>		

Kostecka Izabela



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29.01.2020 WROCŁAW, PL