

PARI OPPORTUNITÀ - POLIPSI

# Percorsi di gruppo per il benessere - Il edizione

Il Servizio Pari Opportunità – Team POLIPSI propone tre percorsi gratuiti dedicati al corpo studentesco, a dottorande e dottorandi del Politecnico di Milano:

- MUSICA PER IL BENESSERE
- ARTE PER IL BENESSERE

Spazi protetti, guidati da professionisti, per favorire benessere, espressione e condivisione.

Ogni percorso è articolato in 3 incontri di gruppo (90 minuti), pensati per essere vissuti nella loro interezza.



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MUSIC FOR WELL-BEING

# Introduction to sound wellness

## How to reduce Stress through Music

Music can become a powerful tool for managing stress, improving concentration, and promoting psychological well-being. During this series of meetings, you will discover how sound and mindful listening can help restore balance in university life.

During the sessions, you will be able to:

- Explore the connection between sound, emotions, and the nervous system
- Learn techniques for mindful listening and guided relaxation
- Experience Sound Wellness practices
- Share useful tools for everyday university life

**BOVISA CAMPUS**

**Thursday, May 14 2026**

5:30 - 7:00 PM - Room B2.2.7 (Building B2, Durando Bovisa)

**Wednesday, May 20 2026**

5:30 - 7:00 PM - Room B2.3.2 (Building B2, Durando Bovisa)

**Wednesday, May 27 2026**

5:30 - 7:00 PM - Room B2.3.2 (Building B2, Durando Bovisa)

The sessions will be held in English.  
Limited places – Free participation.

\*Please note: No previous experience is required.

[Information & Registration](#)



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ART FOR WELL-BEING

# Connections

## An experience of presence and listening beyond words

The Equal Opportunities Unit – Team POLIPSI is offering two new free programs dedicated to students and PhD candidates at Politecnico di Milano. Safe spaces, guided by professionals, to foster wellbeing, expression, and sharing.

During the sessions you will:

- Explore expressive modalities beyond words
- Use simple and accessible artistic materials
- Give shape to emotions through creative experience
- Deepen the relational dimension through artistic practice

### BOVISA CAMPUS - ENGLISH

**Thursday, May 28, 2026**

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

**Thursday, June 4, 2026**

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

**Thursday, June 18, 2026**

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

The sessions will be held in English (Bovisa Campus) and Italian (Campus Leonardo). Limited places – Free participation.

\*Please note: No previous experience with artistic materials is required.

[Information & Registration](#)

### CAMPUS LEONARDO - ITALIANO

**Mercoledì 3 giugno 2026**

17:00 - 18:30 - Career Lab (Ed. 2)

**Mercoledì 17 giugno 2026**

17:00 - 18:30 - Career Lab (Ed. 2)

**Mercoledì 24 giugno 2026**

17:00 - 18:30 - Career Lab (Ed. 2)

[Informazioni e iscrizioni](#)



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